

Ambrosia and Nectar

A COLLECTION OF FAVORITE GREEK RECIPES

ERRATA SHEET

- Page 5 GRAPEVINE LEAVES WITH RICE
(1) Change 2 pounds pignolia nuts to 2 tablespoons
(2) Change 1 pound currants to 1 tablespoon
- Page 5 HOMEMADE SAUSAGES #1
Omit - 1 quart vinegar
- Page 6 HORS D'OEUVRE ROLL WITH TARAMA FILLING
(1) Sour cream and caviar belong to cream cheese
and tarama filling.
(2) Add 1 teaspoon sugar to milk and egg mixture.
- Page 7 MUSHROOM TURNOVERS
Pastry for Mushroom Turnovers on page 8.
- Page 9 PASTA SOUP
Change - 1 cup butter to 1/4 lb. butter
- Page 11 GREEK EASTER SOUP
Omit tomato sauce in Step #3.
- Page 28 SHRIMP WITH LEMON AND GARLIC
Change - 4 tbsps. hot water to 4 tbsps. butter
- Page 30 HARD CRABS WITH SPINACH, etc.
Add - 1 medium size can Italian tomatoes
- Page 34 CHICKEN PILAF TOURNAI
Change - 4 tablespoons butter to 4 teaspoons
- Page 40 TURKEY STUFFING
Change - 1 tablespoon mint to 4 tablespoons
- Page 53 STUFFED VINE LEAVES
Change - 2 lbs. pignolia nuts to 2 tablespoons
- Page 62 SPINACH AND POACHED EGGS
Change - 1 pkg. spinach to 2 pkgs. spinach
- Page 64 ARTICHOKES AND PAVA BEANS
Add - dill or fennel
- Page 80 ONION PIE
Change - 1 tablespoon salt to 1 teaspoon
- Page 87 HONEY PUFFS WITH YOGURT
Change - 1 teaspoon baking powder to baking soda
- Page 101 MOULDED CUSTARD
Add - 3 heaping tablespoons sugar
- Page 102 ATTENIAN HALWAH
Add - 2 lbs. sugar to syrup
- Page 107 SPICE BARS
Add - 2 cups water to syrup
- Page 114 NUT TURNOVERS
Change - 1 tablespoon Crisco to 3 tablespoons

"AMBROSIA and NECTAR"

Chairman

MRS. KONSTANTINE J. PREVAS

Editor

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Illustrations

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INTRODUCTION

The Greeks have a word for it—"Kali Orexi"! It can best be translated as "good appetite", but we somehow favor the more colloquial saying "eat heartily". With this in mind, we have tried to compile favorite and cherished recipes from Greece and the Near East—recipes with a classic simplicity and richness that show the marks of a vividly international history.

Many of these recipes were given to us written in the Greek language. Many were verbally submitted: a few cautiously (and proudly), adding family cooking secrets that have been passed from one generation to another. They come from every island and province of Greece—each showing its own culinary specialty that captures the friendly warmth of the Mediterranean.

We have tried to orient you to the delightful pungencies of spices, garlic and oil which pervade so many Greek dishes. Our parents tell us that even an aroma can capture the memory of a cool summer evening in a small taverna beneath olive trees with the marble temple of the Acropolis rising above you in the light of a brilliant moon.

The western world owes much to Greek cookery. To the Greeks belongs the honor of producing the sages of the kitchen: Orion, who invented white sauce . . . Lampridas, who discovered brown sauce . . . Nereuse of Corinth, who turned the eel into a dish "fit for the gods" . . . Agres of Rhodes, who first thought of filetting fish . . . and Euthymus, who is said to have created the most exquisite vegetable dishes.

Let us not forget—the chef's cap is said to be of Greek origin, being a white version of the Greek monk's hat. During the Ottoman persecution many famous cooks sought refuge in the monasteries. They already had a tradition of good food and wine. The cooks carried on their proud art in their sanctuary, but even in this haven, and in order to stand out amid their benefactors, they asked permission to wear a white cap instead of the conventional black. Today, as all the world recognizes, the chef is known by this tall white cap.

We hope you will keep these recipes for yourselves . . . your children . . . your friends. We have tried to preserve them for you, as they were preserved for us by our forefathers, with a justified pride in culinary traditions bred into us by our Greek heritage.

Nothing can actually substitute a visit to this wonderful Mediterranean land, but here in this book, we have tried to give you a taste of the glory that was Greece . . . and that still survives. "Kali Orexi!"

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The proceeds from the sale of this book will go entirely to the Greek Orthodox Community "Evangelismos".

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This book of typical Greek recipes could not have come to you as an authentic and verified cook book without the helpful contributions and critical comment of the many Greek women of our community who gave so generously of their time and information. We gratefully acknowledge with deep appreciation the invaluable contributions of the following:

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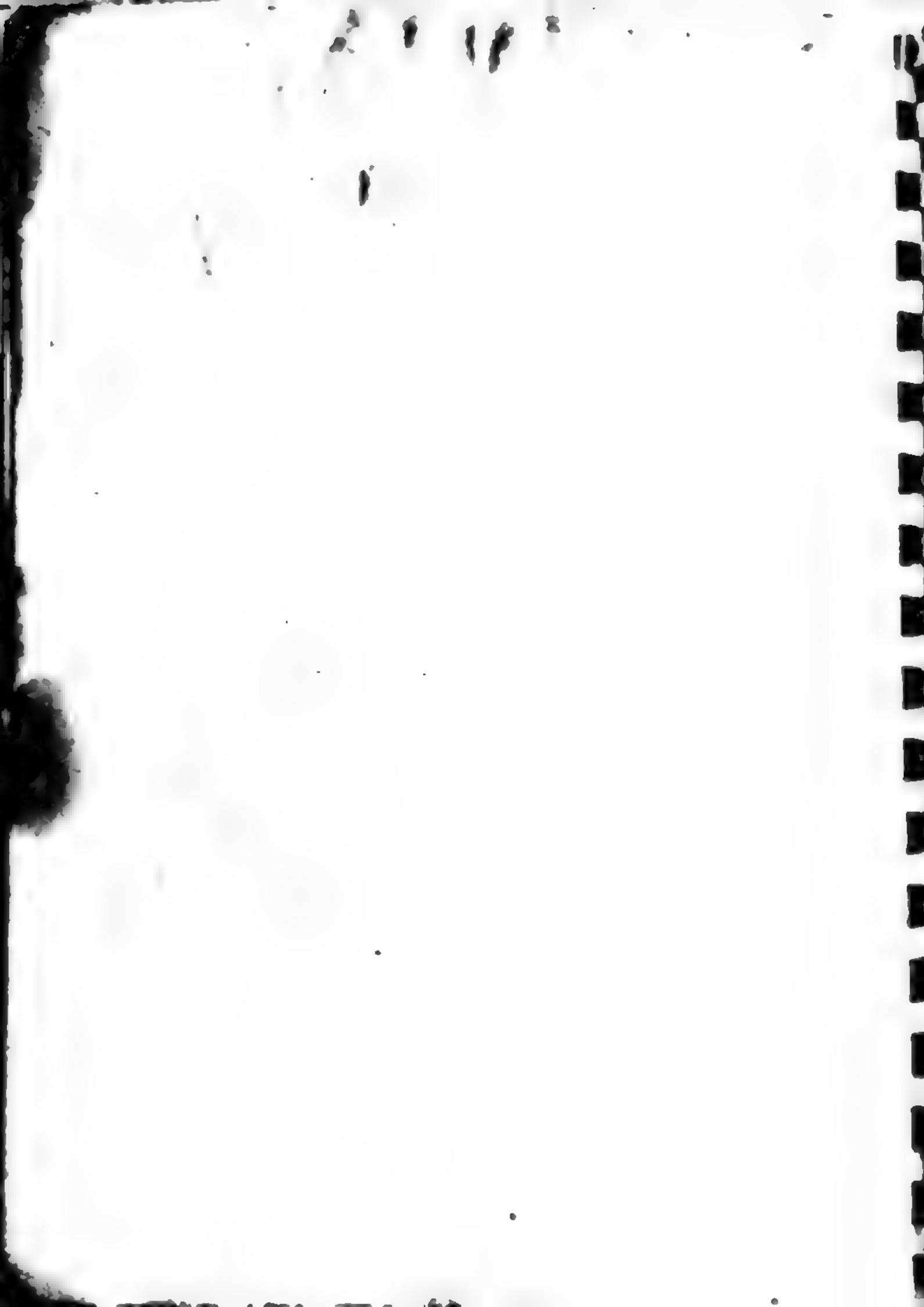
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GLOSSARY

AMMONIA <i>(Glikaniso)</i>	Purchased in drug stores in crystal form. To be finely ground and used in baking cookies (<i>koulourakia</i>).
ANISE SEED <i>(Karakoza)</i>	Aromatic seeds used in breads, cookies.
BARLEY <i>(Krithari)</i>	A grain used in baked goods.
BASIL <i>(Vasilikos)</i>	Grown in many gardens in this country and very popular with the Greek people. Used in salads, sauces, soups.
BAY LEAVES <i>(Dafni)</i>	Used in roasts; very popular in <i>stifatho</i> (stew) and tomato sauces.
CARAWAY SEED <i>(Kimonion)</i>	Used in breads; also in meat and stuffings.
CUMIN <i>(Comino)</i>	Aromatic seed of a caraway-type herb which comes from the Mediterranean islands. Although it is one of the oldest known spices, it is not well-known in the United States. Used in sausages, pickles, chili and curry powder. Also can be added to stews, pies, soups and canape spreads.
CHESTNUTS <i>(Kastana)</i>	Used in dressings for meats and poultry.
CINNAMON <i>(Kanella)</i>	A spice used in sauces; also used in many of the Hellenic desserts and syrups.
CLOVES <i>(Garifalla)</i>	Nail-shaped, dried brown buds of evergreen clove tree.
DANDELION GREENS <i>(Radekia)</i>	Strongly-flavored greens which are boiled and used as an important part of the meal. Very popular among immigrant Greeks.
DILL <i>(Anitho)</i>	Green, feathery plant used in pickling or for sauces, stews, salads.
DOLMATHES	Rice and/or meat mixture wrapped with tender grapevine or cabbage leaves.
FENNEL <i>(Maratho)</i>	A condiment used in salads.
FILO <i>(Pastry Sheets)</i>	Paper-thin pastry sheets purchased in Greek grocery stores for making pastries and <i>pites</i> .
MASTIC <i>(Masticha)</i>	Small, clear crystals from an evergreen resinous shrub. The flavor is faintly like licorice. Used in flavoring baked goods.

MINT (Thymo)	Very popular either fresh or dried. Used in meat balls and all ground meat dishes. Also very popular in vegetable dishes.
NUTMEG (Makokarido)	A delicate spice. It is really the seed of the fruit of the nutmeg tree.
OREGANO (Riganie)	A very popular leaf herb used to flavor meat dishes and sauces.
ORZO (Manestra)	A macaroni product which has an elongated shape; can be used in place of rice.
PIGNOLIA NUTS (Koukoumaria)	Also referred to as pine nuts. Used in desserts and stuffings.
PILAF	Rice cooked with meat, poultry or seafood.
PITA	Greek name meaning "pie"—a dish with a filling.
QUINCE (Kethoni)	A fruit used in making preserves.
ROSEWATER (Trianapholomero)	Used in flavoring pastries.
ROSEMARY (Thendrolirano)	Fresh tasting herb resembling curved pine needle. Used in fish dishes, soups, roasts, stews, vegetables.
SAGE (Pharkomeli)	Flavoring of spicy leaves for meats and stuffings.
SESAME (Soussame)	Small, honey-colored seeds, very popular in the making of breads and cookies.
THYME (Themari)	Aromatic herb used for meats, salads.
VLITA (Hog Grass)	A green which is usually found growing near corn fields or bean patches. Very tasty when boiled and seasoned with oil.
YOGURT (Yowrti)	A thick-like milk product resembling sour cream. It is made by adding a bacterial culture or bacteria to fresh milk. Can be used as a dessert or as a sauce for pilaf (rice) or vegetables.





APPETIZERS

APPETIZERS

(Mezethakia)

The typical Greek cuisine does not boast of an elaborate list of eye-catching appetizers. Greek mezethakia are eaten at leisure to the accompaniment of ouzo or wine . . . often consumed an hour or so before the meal.

The simplest appetizers are the many types of Greek cheese. They may be cut in cubes or slices; served plain or on toast or cracker. They include:

FETA—White cheese made from sheep's milk.

KASSERI—A yellow cheese . . . more buttery and salty.

MIZETHRA—A white cheese of two varieties: dry for slicing and fresh for cooking. More salty than others.

KEFALOTIRI—Mostly used for macaroni, but may be sliced for meze.

KOPANISTI—Purchased in jars and used as a spread. Very sharp and salty.

It is said a Greek can make a meal out of bread and a bowl of olives! Certain provinces take pride in cultivating their own special variety.

KALAMATIANES—An elongated oval olive, dark maroon in color and pickled in vinegar.

BLACK OLIVES—A round variety with a small pit, less vinegary in taste.

GREEN OLIVES—Often pickled with peppers and oregano.

CHIOTAKES OLIVES—A smaller, wrinkled black olive.

STUFFED PICKLED EGGPLANT PEPPERS—*tzortzi* (pickled)

ARTICHOKEs—*tourtsi* (pickled) **OKRA**—*tourtsi* (pickled)

GREEK SARDINES—(anchovy type) sold in dry salt. Wash and store in jar, cover with oil and wine vinegar.

LAKERDA—A type of mackerel pickled and in oil. May be purchased in tins or jars. Must be kept refrigerated.

CAVIAR—Black (Russian) spread on toast or crackers. Try a little onion and lemon juice. Red (Salmon) mixed with a little onion, lemon juice and oil.

TARAMA—(fish roe) See appetizers.

OCTOPUS—Smoked; with olive oil. May be purchased in jars or tins.

Streets speckling in Greek, Spanish and Italian provinces will carry most of the above mentioned appetizers.

If you feel a little more venturesome, then try your hand at these:

FRIED SMELETS—Delicate tiny fish fried in olive oil.

BOUREKIA—Pastry dough filled with cheese, meat, etc. See appetizers.

SOUHD—(Kalamaria) See fish, seafood

CHICKEN OR LAMB'S LIVER—Fried, roasted or baked. See appetizers.

MINIATURE MEAT BALLS—See meats and appetizers.

BRAIN FRITTERS—See appetizers.

DOLMADES—Meat and/or rice in grape leaves. See appetizers, meats.

STEAMED SHRIMP—Served cold with lemon and oil.

LOKANIKA—(Home made sausages). See appetizers.

FISH ROE DIP

(Tarama Salata)

juice of 6 lemons (74)

1 cup oil

1 jar Tarama
(S) 12 slices bread

1. Beat tarama in mixer or blender, for one minute.
2. Soak bread after removing crusts. Squeeze until all water is removed.
3. Add to tarama.
4. Then alternately add lemon juice and oil.
5. Beat for 10 or 15 minutes until smooth.
6. Garnish with parsley. Use as a dip or spread it on crackers or bread.

SHRIMP DIP

1 8 oz. package cream cheese
2 tablespoons cream
 $\frac{1}{2}$ teaspoon lemon juicefew drops onion juice
 $\frac{1}{2}$ cup cooked or canned shrimp
dash of Worcestershire sauce

1. Slowly add cream to room temperature cream cheese and blend well.
2. Add lemon juice, onion juice, Worcester-shire sauce and mix until well blended.
3. Add chopped shrimp and gently mix. Thin with more cream, if necessary.

ROQUEFORT CREAM CHEESE DIP

1 8 oz. package cream cheese
2 oz. (or more to suit taste)
Roquefort cheese
2 teaspoons Worcestershire
sauce $\frac{1}{2}$ teaspoon salt,
dash of pepper
dash of onion powder
milk (4 tablespoons or more)

1. Soften cream cheese with a spoon or leave at room temperature.
2. Crumble Roquefort cheese and blend with cream cheese.
3. Add seasoning and blend well with mixer, adding enough milk to make dip the consistency desired.

CANAPES GRECQUES

28 Greek black olives
chopped fine
6 hard-cooked eggs1 tablespoon butter, softened
salt and pepper

1. Remove the pits from the olives.
2. Chop the olives finely and pound them to a paste.
3. Put the eggs through a sieve and combine them with the olive paste, the butter, and the salt and pepper.
4. Spread the mixture on rounds of toast and garnish with flowers of hard-cooked egg (using a little of yellow for center and white for petals).

WINE DIPPED MEAT BALLS*(Sandoukakia)*

1 pound ground beef

pepper

2 eggs

salt

bread crumbs

2 cloves garlic, chopped fine

red table wine

ground allspice

1. Mix all the ingredients, except the wine, shape into small balls and roll in the wine.

2. Fry in vegetable oil or shortening until they are brown.

3. They may be served plain or in a sauce.

4. Sauce: Boil together until slightly thickened; 1 can tomato paste, 1 teaspoon sugar, 1 pint water, 2 ounces butter, salt and pepper.

BROILED SWEETBREADS

3-4 sweetbreads

lemon juice

salt and pepper

oregano

butter

1. Wash sweetbreads in cold water.

2. Add juice of 1 lemon to salted water and parboil sweetbreads for 15 minutes.

3. Cut in slices; sprinkle with salt and pepper, dot with butter, add juice of one lemon and oregano; broil until brown on both sides.

MEATPIE TRIANGLES*(Kremastigones)*

1 pound lean ground beef

1/2 cup grated cheese

1 medium onion, finely chopped

2 tablespoons tomato paste

1 tablespoon fresh mint,

1/2 cup wine

cut fine

1/2 pound butter, melted

1 egg (whole)

1 pound filo

Brown the onion in a little butter, add mint (or your favorite herb), add meat and mix well in skillet until meat is well browned. Dilute tomato paste with a little water and add to meat. Add wine, cover and simmer for 30 minutes. Sauce should be thick. Allow to cool. Add grated cheese and egg. Mix well.

Cut each piece of filo in two so that the filo is long and narrow, at least twice as long as it is wide. Brush each filo with melted butter. Fold each long side toward the center. Place 1 teaspoon of filling in the center of the first triangle. Fold over and over each time making the triangle so that no open end is left. Place in baking pan and brush with butter. Bake in 350° oven for 30 minutes or until brown.

FRYED CHICKEN LIVERS*(Scholakia)*

1 pound chicken livers

1 teaspoon salt

1/2 pound butter

1/2 teaspoon pepper

3 teaspoons oregano

Juice of 2 lemons

Saute livers in butter. Sprinkle with oregano, salt, pepper and lemon juice. Simmer for five minutes and serve hot.

BAKED CHICKEN LIVERS

1 pound chicken livers
 $\frac{1}{2}$ cup oil
 juice of two lemons

oregano
 salt
 pepper

Wash and dry the livers on absorbent paper. Place in shallow baking pan. Pour over the oil so that each piece is covered with a little oil. Place in hot (450°) oven about 20 minutes. Salt and pepper to taste. Pour lemon juice over the livers and sprinkle with oregano. Serve hot on cracker or on toothpick.

CHICKEN LIVERS WITH BACON

1 pound chicken livers

$\frac{1}{2}$ pound bacon

After livers have been washed and dried, wrap a half slice of bacon around each piece and fasten in place with a toothpick. Broil turning so that all sides of bacon is cooked. Serve immediately.

MEAT BALLS

(Keftedes)

1 pound ground meat
 (preferably twice)
 1 medium onion, chopped fine
 1 slice bread (edges removed)
 soaked in water
 1 teaspoon parsley

1 clove garlic, chopped fine
 2 eggs
 pinch of oregano or fresh mint
 salt and pepper
 1 cup oil
 flour

Mix all ingredients except the oil and flour. Take one tablespoonful of the mixture at a time and roll in the flour, shaping into small balls. Shake off excess flour and fry in very hot oil over medium flame for about 10 minutes. Brown on both sides. May be served hot or cold.

CHEESE FILLED TRIANGLES

(Tiropetakia)

$\frac{1}{2}$ cup feta cheese
 1 pound feta cheese
 1 pound cottage cheese
 $\frac{1}{2}$ pound cream cheese

6 eggs
 1 pound filo
 $\frac{1}{2}$ pound butter

1. Mix cottage cheese and cream cheese together. Cut the feta cheese into small pieces and grate the feta filo and mix with the other cheeses. Add the eggs and mix everything together well.

2. Cut each sheet of filo into 6" by 12" pieces, then brush with melted butter.

3. Take 1 tablespoon of filling and wrap with filo into the shape of a cigar or a triangle. Bake on a greased cookie sheet at 400° for 20 minutes or until light brown. Makes about 3 dozen.

BRAIN FRITTERS

1 pound lamb brains
6 eggs
 $\frac{1}{2}$ cup grated cheese

$\frac{1}{2}$ cup oil
 $\frac{1}{2}$ pound butter

Boil 2 quarts salted water. Add brains and cook for five minutes. Drain, remove all dark membrane. Beat eggs with grated cheese. Dip brains 1 at a time in egg mixture and fry in oil and butter until brown.

GRAPEVINE LEAVES WITH RICE

(Dolmathes)

1 large jar vine leaves
1 onions, finely chopped
2 bunches scallions, chopped
1 cup olive oil
2 cups rice

2 pounds pignolia nuts
1 tablespoon salt
1 pound currants
 $2\frac{1}{2}$ cups water
juice of 3 lemons

1. Chop onions and scallions and brown in oil until soft. Add rice and brown 6 minutes more. Then add parsley, dill, salt, pepper, nuts and currants. Let cool.

2. Rinse vine leaves and let drain.

3. Line bottom of pot with the coarse vine leaves which have been discarded.

4. Place each leaf with the smooth shiny surface on the outside. In center of each, place 1 teaspoon of filling. Fold sides over filling and roll. Arrange leaf rolls side by side in succeeding layers.

5. Bring water to a boil, pour over vine leaves with lemon juice. Cover with heavy plate. Come over flame 40 minutes until rice is tender.

6. May be served hot or cold.

HOMEMADE SAUSAGES #1

(Lakamia)

1 fresh ham, 13 to 15 pounds
boned and cut, then coarsely
ground
3 California oranges, rind
1 glass vinegar

$\frac{1}{2}$ quart vinegar
1 quart dry wine
 $\frac{1}{2}$ pound hog casings
ground allspice

1. Mix the ham, oranges, vinegar, wine and spices and let stand in a crock or bowl overnight.

2. Wash casings in cold water carefully so as not to break them. Do not use hot water.

3. Take the casing, tie the bottom, fill with a large funnel, make your sausages as long as you like, then tie the end. (You may use split casings for strings to tie the ends).

4. Hang in a cool place—overnight—careful not to dry too much.

5. Store them in the refrigerator or freeze. You may bake, fry or boil as you need them.

HORS D'OEUVRE ROLL WITH TARAMA FILLING

4 tablespoons butter
 $\frac{1}{2}$ cup flour
 pinch of salt

Filling:

1 ounce cream cheese
 6 tablespoons tarama

2 tablespoons sour cream
 2 ounces red caviar

2 cups milk
 1 egg yolks
 1 egg whites

1. Oil a 10 x 15 inch jelly roll pan, line it with wax paper, and oil it again. Dust the paper lightly with flour.
2. In a saucepan melt 4 tablespoons butter.
3. Add the flour and salt and stir the mixture over medium heat for 1 minute.
4. Gradually add 2 cups milk and cook for 4 minutes, stirring constantly.
5. Remove the pan from the heat and blend in the egg yolks and the sugar. (1/2 cup sugar)
6. Fold in the stiffly beaten egg whites.
7. Spread the batter evenly in the prepared pan and bake the souffle roll in a 325° oven for 40 to 45 minutes, or until it is golden brown.
8. Turn the pan over onto two overlapping sheets of wax paper, lift off the pan, and peel the paper from the bottom of the souffle roll.
9. Spread the roll with the filling and roll it up with the aid of the wax paper, lifting and rolling it gently onto itself it takes the appearance of a jelly roll.
10. Slice and serve the roll hot or cold, accompanied by lightly salted sour cream.

NOTE: This hors d'oeuvre freezes well and may be reheated slowly.

HOMEMADE SAUSAGES #2
(Lokanika)

1 fresh ham, cut in small pieces or any boneless pork can be used	3 tablespoons salt 1 tablespoon pepper 1 cup water
$\frac{1}{2}$ pound hog casings	1 tablespoon thyme
rind of 2 oranges, cut in small pieces	1 quart dry red wine

1. Mix all ingredients, except the hog casings, in a large bowl or crock and let stand overnight in the refrigerator. Next day, soak the hog casings in cold water.
2. Then using a large funnel, fill the casings with the mixture. Tie the sausages the desired length.
3. Hang the sausages in a warm place and dry for two or three days, placing a pan under them so that the sausages can drip into it. It is a good idea to tie them to a hanger. Sausages can be kept in a refrigerator or frozen. They may be baked, boiled or fried whenever needed.

EGGPLANT FRITTERS*(Melitzanes Tiganides)*1 eggplant
garlic salt1 beaten egg
flour

hot oil for frying

1. Peel and cut eggplant in 2 to 3 inch cubes.
2. Roll in flour, then dip in egg, then back in flour.
3. Deep fry until golden brown.
4. Sprinkle with garlic salt and serve with a toothpick while hot.

PICKLED MUSHROOMS WITH TARAMA

1 slice of bread

2 ounces tarama

1 tablespoon grated onion

1/4 cup olive oil

1 tablespoon lemon juice

1. Trim the crust from the bread, and soak it in cold water.
2. Squeeze out most of the water and beat the bread with a rotary beater until it is fluffy.
3. Add the onion and beat 2 or 3 minutes more.
4. Still beating, add the tarama, a tablespoon at a time.
5. Still beating, add alternately, drop by drop, the olive oil and the lemon juice.
6. Beat the mixture until it is creamy.
7. Drain a large jar of pickled mushrooms.
8. With a pastry tube, fill each mushroom with the tarama mixture.
9. Chill well before serving.

MUSHROOM TURNOVERS**Filling:**

1/2 pound mushrooms

1 teaspoon lemon juice

1/2 teaspoon salt

1/2 teaspoon salt

2 tablespoons butter

1/2 teaspoon Tabasco

3 scallions finely chopped

2 tablespoons flour

2 tablespoons parsley,

2 tablespoons butter

finely chopped

1/2 cup sour cream

1. Wash mushrooms, remove the stems, and chop and reserve the caps.

2. Simmer the stems in 1 cup water with salt for 30 minutes.

3. Strain and reserve the broth. Discard the stems.

4. Sauté in butter the scallions and parsley until they are well coated.

5. Add the lemon juice, salt and Tabasco. Cook the mixture until the scallions are tender.

6. Add the mushroom caps and continue cooking for 8 minutes, stirring occasionally.

7. In another pan blend the flour into the melted butter.

8. Gradually stir in 1/2 cup of the reserved mushroom stock and cook the sauce until it is smooth and thick.

9. Blend in the sour cream.

10. Add the sauce to the sautéed mushrooms and blend thoroughly.

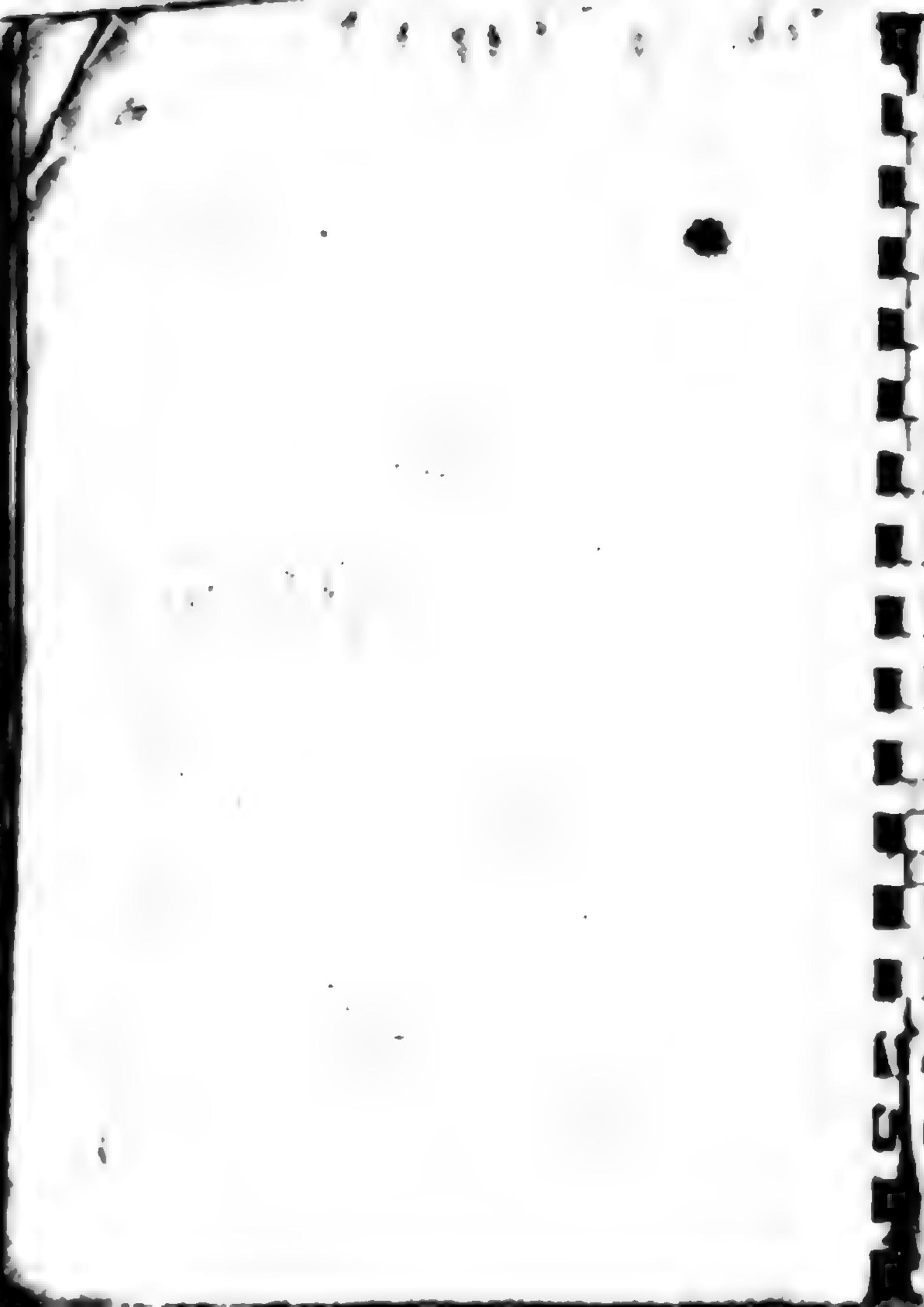
11. Remove the pan from the heat and cool the mixture.

TART PASTRY

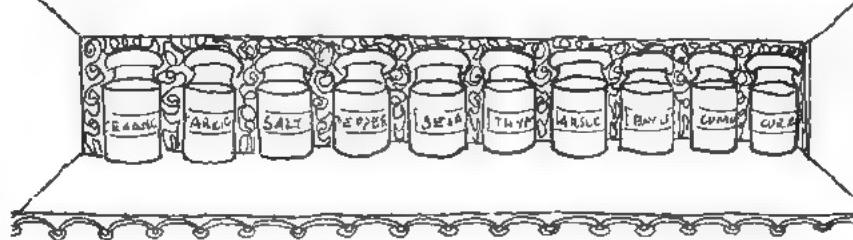
1. Sift 2 cups flour onto a pastry board, make a well in the center and in it put $1\frac{1}{2}$ cups sweet butter, $\frac{1}{2}$ cup ice water, and $\frac{1}{2}$ teaspoon salt. Work the center ingredients to a smooth paste, then quickly work in the flour.
2. Enclose the dough in plastic wrap and chill it for at least 1 hour.
3. Cut the pastry into 20 small rounds. Put 1 heaping teaspoon of the mushroom filling in the center of each round.
4. Moisten the edges, fold them over, and pinch together.
5. Brush the tops of the turnovers lightly with beaten egg and bake them in a hot oven (400°) for 15 minutes, or until they are golden brown.

MARINATED MUSHROOMS

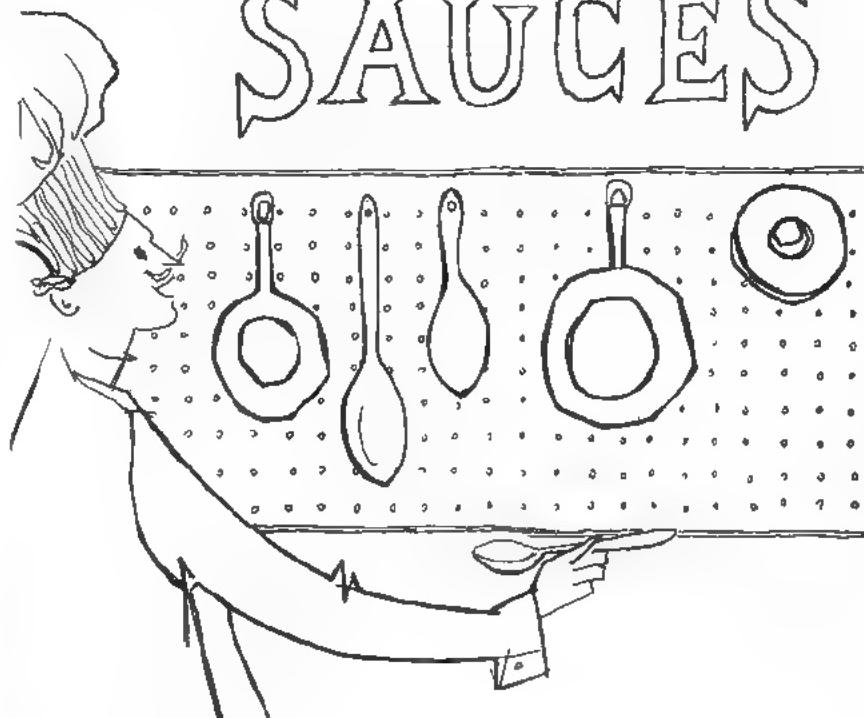
Choose small button mushrooms as white and as fresh as possible. Peel off skin carefully with fingers and cut off tough part of stem with sharp knife. Place mushrooms in a 1 pint jar. Using garlic press, squeeze one clove garlic into $\frac{1}{2}$ cup wine vinegar (white), $\frac{1}{2}$ cup olive oil, oregano, salt and pepper and pour over mushrooms. Cover and place in refrigerator. Let stand several hours until mushroom is tender, well marinated. Serve on toothpicks.



SOUPS



SAUCES



CHICKEN AND RICE SOUP (Avgolemono Soup)

1 chicken, stewing	celery leaves (optional)
Enough water to cover chicken completely	3 eggs
salt and pepper	Juice of 1 1/2 lemons
onion, whole (optional)	1 cup rice

1. Boil chicken with onion and celery leaves until it is tender. Remove chicken and let it cool. Strain the broth, return it to the heat and when it begins to boil, add the rice, salt and pepper.

2. When the rice is cooked, lower heat to simmer.
3. Beat the eggs until frothy, then add the lemon juice, a little at a time, beating well.
4. Remove a little broth and add it to the egg-lemon mixture, beating continuously.
5. Remove the broth from the heat and add the egg-lemon mixture to the rest of the broth. Be sure to vigorously stir the egg-lemon mixture while you are working with it, so that the eggs will not curdle.
6. Let it stand a few minutes before serving. 6 to 8 servings.

BASIC BROTH AVGOLEMONO (Boiled Beef, Lamb or Chicken)

2 to 3 pounds soup beef with bone (lamb shanks or 3 to 4 pound fowl)	few celery leaves
1 tablespoon salt	2 eggs
1 small onion	Juice of 1 lemon
	vermicelli, rice, orzo or noodles enough water to cover the meat

1. Cover meat with water, add salt, onion, celery leaves and bring to a boil. Lower flame to simmer and cook until meat is tender, or easily separated with a fork.

2. Strain broth and use it as a soup base. You can add rice (vermicelli), rice, orzo or noodles. Meat may be served separately or shredded and added to broth.

3. Beat the eggs until frothy, slowly add lemon juice, beating constantly. Add broth a spoonful at a time to egg until egg sauce is sufficiently warm to add to the hot broth without curdling. Do not cover to prevent curdling.

PASTA SOUP (Trahana)

1/2 cup butter	2 quarts water
1 onion, chopped	salt and pepper
2 tablespoons tomato paste	2 cups trahana

1. Brown the butter, add onion, tomato paste and water.
2. Bring to a boil then add trahana, salt and pepper. Cook 45 minutes.

NOTE: Trahana may be purchased at Greek stores.

FISH SOUP*(Parrsoupa)*

1 2 or 3 pound rockfish
3 medium onions
3 quarts water
 $\frac{1}{2}$ cup olive oil

2 medium potatoes
1 cup rice
juice of 1 lemon
salt and pepper to taste

1. Dice the onions and potatoes and add to the water. Allow them to cook until they are tender.

2. Add the fish, let it come to a boil, removing the skin from the top, then add the olive oil. When fish is done remove from the cooking vessel.

3. Strain the broth, then add the rice and lemon juice, simmer until rice is done.

4. If you prefer avgolemono, instead of adding the lemon juice, make your egg-lemon sauce as described and add to mixture when rice is cooked.

LAMB'S FEET SOUP*(Potro)*

1 lamb hocks and shanks
enough water to cover
1 onion, sliced
2 stalks celery, cut fine
1 clove garlic

salt and pepper
 $\frac{1}{2}$ cup rice
avgolemono sauce
3 eggs
juice of 2 lemons

1. Clean the feet and singe them as you would poultry. Wash them thoroughly, add water, celery, onions and seasonings and boil for about one hour.

2. Remove the feet from the pot, separate the skins from the bones, cut the meat in small pieces and return the meat to the pot. Also strain the broth and return it to the pot.

3. Season the broth, add the rice and cook until the rice is tender.

4. Prepare the avgolemono sauce as described.

5. Allow the soup to stand a few minutes before serving.

LENTIL AND VEGETABLE SOUP

$\frac{2}{3}$ cups coquonne
(see recipe)
1 $\frac{1}{2}$ cups lentils
1 cup tomato sauce
1 medium onion (diced)
1 clove garlic (chopped)

1 small carrot (diced)
3 stalks celery
mint, parsley
1 tablespoon oil
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ teaspoon salt

1. Wash lentils and soak overnight in 1 cup water.
2. Add 1 cup coquonne and simmer for one hour.
3. Brown the onion and garlic in oil; add celery, carrot, tomato sauce and herbs and the rest of the coquonne.
4. Cook until all the ingredients are tender.
5. Add the cooked lentils, then add butter and seasonings.

GREEK EASTER SOUP

(Mageritza)

The Greek Orthodox Easter Holy Week of fasting and prayer is culminated with feasting and celebration following the observance of the Resurrection services at midnight on Holy Saturday. Everyone takes up the cry "Christos Anesti" (Christ is risen) and returns to his home to eat an especially prepared soup known as "Mageritza". Made from the liver, heart and lungs of spring lamb and delicately seasoned with the basic egg-lemon sauce . . . Mageritza marks the beginning of a day of feasting . . . a day of laughing and wishing one and all "Kalo Pascha" . . . Happy Easter!

$\frac{1}{2}$ pound lamb's lung
one lamb heart
1 lamb kidney
1 lamb liver
1 bunch fresh onions

1 bunch scallil
1 bunch mint
1 cup oil
salt and pepper
 $\frac{1}{2}$ cup rice

1. Boil lung until tender. Wash the lung and cut it up in small pieces, along with the heart, kidney and liver, discarding membranes and cartilage.

2. Cut up the onions, scallil, mint and place in a large pot with the meat.

3. Add enough water to cover. Add oil, tomato sauce, salt and pepper and cook until the meat is tender.

4. Strain the broth from the original pot, season to taste, and bring to a boil.

5. Add the rice and cook until done.

6. Prepare the avgolemono sauce and blend with broth. See sauces.

BEAN SOUP

(Fasolatha)

1 pound Great Northern beans
1 large onion, chopped
1 ($\frac{1}{2}$ can) tomatoes
2 tablespoons tomato paste
 $\frac{1}{4}$ cup olive oil
2 stalks chopped celery

and leaves
2 carrots, sliced
1 clove garlic
salt and pepper
oregano (optional)

1. Wash beans and place in pot with 4 quarts of water.

2. Bring to a boil and add onion, tomatoes, tomato paste, garlic and olive oil.

3. Cover pot and allow to simmer slowly for two hours.

4. Add celery and carrots and cook until done. Season to taste. Serves 6-7.

NOTE: This is a "one-dish meal". . . especially authentic when served with hardcrust bread, feta cheese and black olives.

MESSINIAN PEA SOUP

3 cups split peas	oregano
2 large onions	2 tablespoons tomato paste
salt and pepper	3 lemons
1/2 cup olive oil	1 tablespoon flour

1. Saute onions in oil, add peas, spices, slightly diluted tomato paste and enough water to cover the peas. Cook until done.

2. Beat the juice of the lemons and mix in the flour. Add this to the soup--soup should be thick. Serves 6 people.

LENTIL SOUP

(Fakta)

1 pound lentils	2 cloves garlic
2 quarts water	1/2 cup oil
3 celery stalks (chopped)	1 can tomato sauce or
1 carrot (chopped)	3 tablespoons tomato paste
1 onion, chopped fine	salt and pepper to taste

1. Wash lentils and cover with water. Place over heat, when they start to boil, lower your heat to simmer until they are almost done.

2. Add the rest of the ingredients and cook until they are all done.

NOTE: If you are fasting, you may use vinegar and omit oil.

AVGOLEMONO SAUCE

3 eggs	Juice of 1 1/2 lemons
1 cup broth	

1. Beat eggs until frothy.

2. Add lemon juice and continue beating.

3. Then add some hot broth, a little at a time. Make sure that this is done slowly and constantly so that the eggs do not curdle.

4. Add remaining broth, continue stirring. Allow to remain in covered pot several minutes before serving.

NOTE: Some people prefer to beat egg whites and yolks separately. This can be done before adding lemon juice. 1 broth.

OIL AND LEMON SAUCE

3 tablespoons olive oil	salt and pepper
3 tablespoons lemon juice	1 clove garlic, chopped fine
1 tablespoon oregano	(optional)

1. Put oil, lemon juice and oregano in a bowl and mix well.

2. Add salt and pepper and garlic.

NOTE: This sauce is used on seafood, vegetables or salads.

CHICK PEA SOUP (*Revithia*)

1 pound chick peas
 $\frac{1}{2}$ cup olive oil
3 medium onions (diced)

salt
pepper

1. Drain peas, rub in absorbent toweling until all skins are removed, rinse making certain all skins are off.
2. Place peas in pot, cover with water, bring to boil, skim from around edges.
3. Add onions and oil and cook until peas are tender. Season to taste.

FISH SOUP WITH TOMATOES

1 large Rockfish
2 large onions
celery
a few peppercorns

salt
1 can tomatoes
 $\frac{1}{2}$ cup olive oil

1. Boil the above ingredients for $\frac{1}{2}$ hour and strain the broth. Reserve the meat of the fish and add it to the soup when cooked.

2. Add to the broth:

1 cup carrots
1 cup celery
1 clove garlic (crushed)

1 cup potatoes
 $\frac{1}{4}$ cup rice

3. Cook for 30 minutes.

NOTE: Fish heads make a better fish stock.

HOMEMADE NOODLE DOUGH

about 2 cups sifted flour
 $\frac{1}{2}$ teaspoon salt

2 eggs
2 or 3 teaspoons cold water

1. Sift flour and salt in mixing bowl. Make a "well" in the center.
2. Drop in eggs and combine with a fork, adding spoonfuls of water as necessary to form a ball of dough that is compact but not hard.
3. Knead dough until as smooth and elastic as possible, about 5 minutes.
4. Roll on lightly floured board. Use the rolling pin from the outer edges toward the center, turning the board as necessary for easier rolling.
5. When the dough is rolled evenly thin, let stand 20 minutes in order to dry so that it will not stick together when rolled up.
6. Roll up lightly and use a very sharp knife to slice $1/8$ inch thick, or $1/4$ inch thick for broad noodles.
7. Toss the noodles lightly to separate and spread them on lightly floured surface. Let dry thoroughly at room temperature for 2 hours, then store in covered jars.

ONION SOUP

6 onions, sliced
3 tablespoons butter
6 cups consommé
(see Lenten Vegetable soup)

1 teaspoon salt
4 slices toast
Parmesan cheese (grated)

1. Melt the butter and brown the sliced onions. Add consommé and bring to boil for ten minutes until the onions are tender.

2. Keep hot and serve immediately topped with 1/4 slice of toast cut in triangles and sprinkled grated cheese on top.

CRAB SOUP (Greek Style)

1 doz. hard crabs
1 bunch celery
1 bunch carrots
3 lbs. chopped onions
2 cups water
3 cloves garlic

1/2 cup olive oil
1/2 can tomato paste
salt and pepper
parsley
dill

1. Remove backs from hard crabs, keeping only the salty yellow of outer shell; then tear off the claws and break the body in two. Wash carefully.

2. In large pot, brown the onion and garlic in olive oil.

3. Add crabs and brown.

4. Add tomato paste, water, salt and pepper, parsley, dill, celery and carrots.

5. Simmer about 30 minutes.

LENTEN VEGETABLE CONSMOME

1 cup diced carrots
1 cup chopped celery stalks
and leaves
1/2 cup chopped spinach
1 tablespoon chopped mint
(fresh)

1 large onion, diced
2 quarts water (cold)
1 cup ripe fresh tomatoes
(optional)
1 green pepper (optional)

1. Place all the ingredients together in a pot and boil for at least 30 minutes.

2. Allow to cool and put through strainer.

NOTE: Your favorite vegetables or herbs may be added or substituted for any of the above. Onion and celery provide the basis of the consomme. To improve color add 1 tablespoon caramel, made by melting one tablespoon sugar and add 1/4 cup water.

WHITE SAUCE (Crema)

$\frac{1}{2}$ pound butter
3 cups milk
6-8 eggs

1 tablespoon flour
a dash of salt
3 tablespoons grated cheese

1. Melt butter in saucepan, add flour gradually, stirring constantly, brown slowly.

2. Gradually add milk, stir until milk and other ingredients are warm, then add beaten eggs and cook slowly, stirring often.

3. Cook until the mixture starts to thicken.

4. Remove from flame and stir grated cheese into the sauce.

NOTE: This sauce is poured over any Greek casserole dish.

SEAFOOD SAUCE

3 tablespoons olive oil
3 tablespoons lemon juice
1 teaspoon dry mustard

salt and pepper
parsley or dill

1. Mix oil, lemon juice, parsley or dill, salt and pepper.

2. Pour over salad.

NOTE: This is used in lobster, shrimp or crab salads.

OIL AND VINEGAR SAUCE

3 tablespoons olive oil
3 tablespoons wine vinegar

pinch of garlic powder
salt and pepper

1. Pour oil, vinegar and mix well.

2. Add garlic powder, salt and pepper

NOTE: Excellent in tossed salads, cold vegetable salads.

TOMATO SAUCE

1 large can tomatoes
2 tablespoons tomato paste
2 tablespoons butter or oil
1 large onion, chopped fine
1 clove garlic, chopped fine
sugar to taste

1 tablespoon salt
pepper
1 bay leaf
cinnamon (optional)
pinch of parsley, chopped fine

1. Fry the onion and garlic in the butter until golden brown.

2. Add the tomatoes and spices and simmer until slightly thickened.

3. Remove the bay leaf.

NOTE: This sauce can be used over spaghetti, rice, fish, meatballs or meatballs.

HAMBURGER SAUCE

1 pound ground beef
1 onion, chopped fine
3 tablespoons butter
1 tablespoon salt
1 small can tomatoes
3 tablespoons tomato paste

or 1 can tomato sauce
pepper
1 bay leaf
cinnamon (optional)
1 clove garlic (optional)

1. Sauté onion and garlic in butter until golden brown.
2. Add meat and sauté until meat is brown.
3. Add rest of the ingredients and simmer about $1\frac{1}{2}$ hours until thickened.

NOTE: This sauce is excellent over spaghetti with the addition of grated cheese.

GARLIC SAUCE WITH ALMONDS

(Skordalia)

6 cloves garlic
1 small potato
1 cup almonds

3 or 4 cups oil
1 egg yolk
3 or 6 tablespoons cold water

Peel the cloves of garlic and mash to a paste. Mash the potato and add garlic, mashed almonds, olive oil, water and egg yolk. Stir briskly until the sauce is very smooth, like "mayonnaise". This may be used as a dip or as a sauce over fish, greens or broccoli.

GARLIC SAUCE

(Skordalia #2)

3 medium potatoes, mashed
8 cloves garlic (crushed)
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{4}$ cup white vinegar

2 teaspoons salt
2 egg yolks
 $1\frac{1}{2}$ cups yogurt
(not too watery)

In mixmaster beat potatoes with olive oil, vinegar and garlic. Then add salt, egg yolks and yogurt. Chill several hours before serving.

GARLIC SAUCE

(Skordalia #3)

1 head garlic (6 cloves)
remove peels
3 cups oil
 $\frac{1}{2}$ cup white vinegar

1 boiled potato (peeled)
 $\frac{1}{2}$ cup blanched almonds
salt and pepper

Using a wooden mortar, pound garlic and almonds to a smooth paste, adding a few drops of water to keep paste smooth. Add potato, blending constantly. Alternate add oil and vinegar and continue blending until sauce is smooth. This sauce is excellent served as an appetizer, or over fried eggplant, fried fish, boiled beets

GARLIC SAUCE

(Skordalia #4)

2 pounds potatoes
1 head garlic
1 cup oil

juice of 3 lemons
a little vinegar
salt to taste

Boil potatoes, peel and mash. Beat in the mixer. Peel garlic and pound to a pulp. Add to potato mixture and beat. Then add oil, vinegar and lemon juice while beating. Add salt to taste. If needed, add water to make it the consistency of mayonnaise.

SESAME TAHINI

(Syrian)

3 tablespoons sesame tahini
5 tablespoons water
salt and pepper
juice of 1 lemon

1 teaspoon oil
1 clove garlic mashed (optional)
parsley, chopped fine

1. Mix the first three ingredients thoroughly until softened.
2. If necessary continue adding small amounts of water until the sauce becomes like a gravy.
3. Then add parsley, oil and garlic

NOTE: This may be used over broiled fish, eggplants, chick peas or beans.

NOTE: Sesame tahini may be purchased in Greek stores.

YOGURT

2 quarts milk

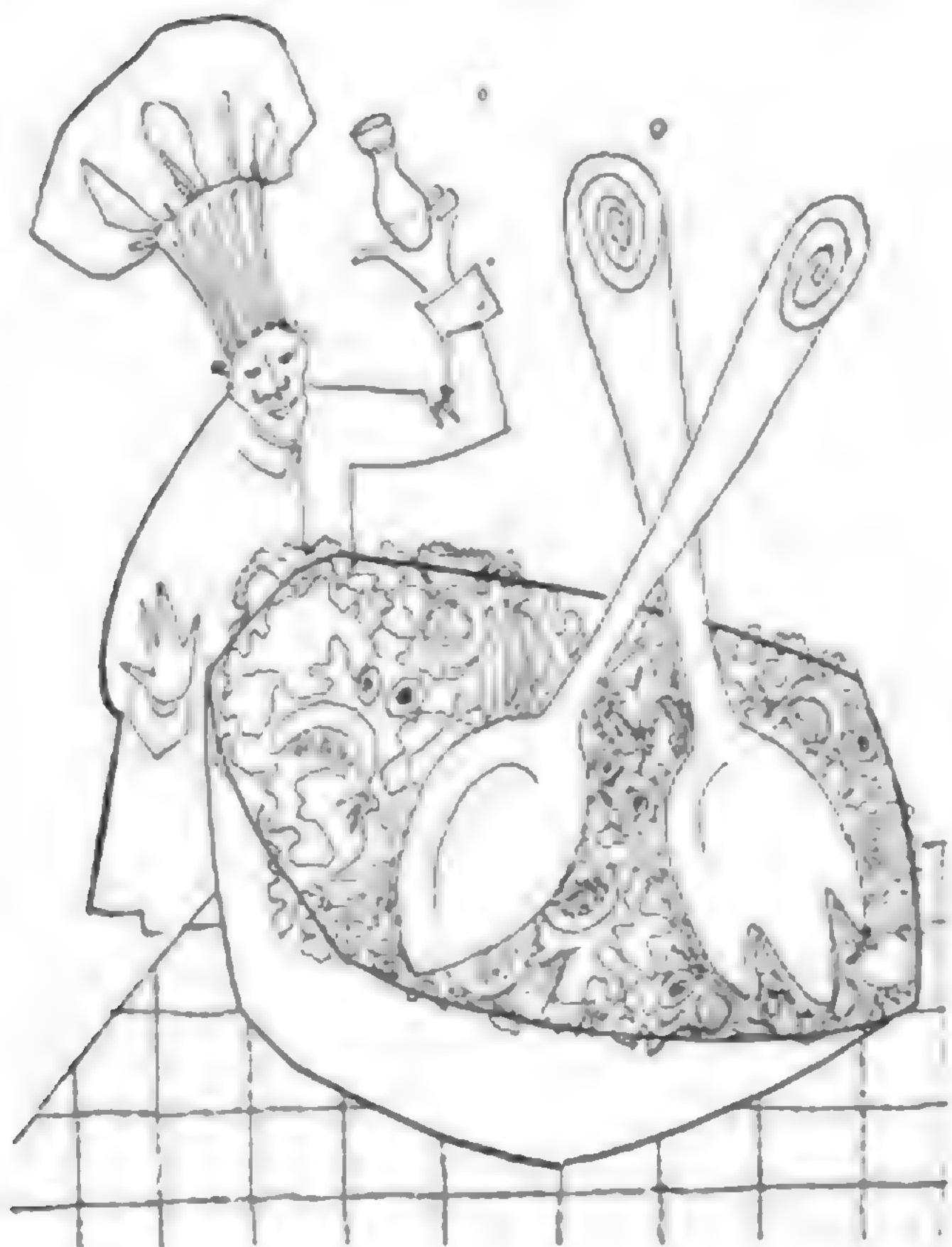
3 tablespoons ready made yogurt

1. Boil the milk, stirring constantly so that it does not stick to the pan. Cook for about five minutes, remove from the fire and allow to cool.

2. Test with little finger. When finger can remain in cooled milk to the count of thirteen, then it is ready.
3. Take the 3 tablespoons ready made yogurt with a little of the boiled milk and blend well. Add to the rest of the boiled milk and stir until well blended.
4. Pour into individual serving glasses or custard cups, and place in a shallow pan of hot water.
5. Set the shallow pan and cups in an oven that has been pre-heated and turned off. Let it stand until the mixture sets. (several hours) then store in refrigerator.

If a thicker yogurt is desired, place the yogurt in a muslin bag and hang over the sink, and allow liquid to drain.

SALADS



GREEK TOSSED SALAD

1 head lettuce, or mix several types of lettuce together	1 radish, sliced
2 stalks celery, chopped	1/4 cup wine vinegar
2 cucumbers, sliced	1/4 cup olive oil
1/2 green pepper, chopped	1 teaspoon oregano
3 tomatoes, cut in eighths	salt
	pepper

1. Wash all vegetables and drain. Cut all ingredients into large salad bowl.

2. Add seasoning, oil and vinegar and toss very lightly.

3. Garnish with Black olives, feta cheese and anchovies. Serve &

TOMATO SALAD

6 tomatoes, cut in eighths	vinegar
1 onion sliced into thin rings	oregano
olive oil	feta cheese (optional)
salt and pepper	

Place tomatoes and onion in bowl and use enough oil and vinegar to coat tomatoes. Sprinkle with oregano, feta cheese and salt and pepper.

NOTE: The Italian red onion is very good in this salad.

EGGPLANT SALAD

3 eggplants	1 lemon, juice of
3 spring onions	1/4 teaspoon salt
2 cups oil	1 clove garlic (pressed)

1. Prick the eggplants all over with a needle.

2. Bake in 350° oven for one hour (like baked potatoes).

3. When done, cool 15 minutes. Peel and take out the pulp, remove the seeds, mash the pulp.

4. Add oil, lemon while beating the pulp, then the onions.

5. When it is beaten well, cool in the refrigerator and serve cold.

CABBAGE SALAD

1 small head cabbage, shredded	1/2 cup olive oil
1 onion, chopped fine	1/2 teaspoon sugar
1 green pepper, chopped fine	salt
1/4 cup vinegar	pepper

Place shredded cabbage in salad bowl, add onion, seasoning, oil and vinegar.

LIMA BEAN SALAD

2 cups lima beans
1 large onion
 $\frac{1}{2}$ cup olive oil

juice of 1 lemon
parsley

1. Cook beans until tender. Strain and chill.
2. When ready to serve put beans in bowl, add remaining ingredients and toss lightly.

NOTE: You may substitute any other beans or use canned beans.

GREEN BEAN SALAD

1 pound fresh green beans
 $\frac{1}{2}$ cup oil
3 green onions, chopped

1 teaspoon salt
 $\frac{1}{2}$ cup vinegar
pepper

1. Split beans lengthwise.
2. Cook beans in salted water until tender. Drain.
3. Toss beans lightly with other ingredients. Chill before serving.

BEET AND EGG SALAD

1 bunch beets, cooked and sliced or
1 can sliced beets
sliced hard boiled eggs

$\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ cup vinegar
salt and pepper

1. Prepare dressing and pour over sliced beets.
2. Garnish with hard boiled eggs.

NOTE: You may add 1 chopped onion.

GREEK POTATO SALAD

6 large potatoes
1 large onion, chopped fine
parsley

$\frac{1}{2}$ cup olive oil
juice of 1 lemon
salt and pepper

1. Boil potatoes, peel and slice.
2. Add remaining ingredients, toss and serve warm.

TUNA SALAD

1 can tuna fish
3 teaspoons lemon juice
1 onion, chopped fine (optional)

$\frac{1}{2}$ cup olive oil
few sprigs chopped parsley

Mix tuna fish with other ingredients, toss lightly.

LITTLE CAESAR SALAD

(King of salads with wonderful blue cheese flavor throughout)

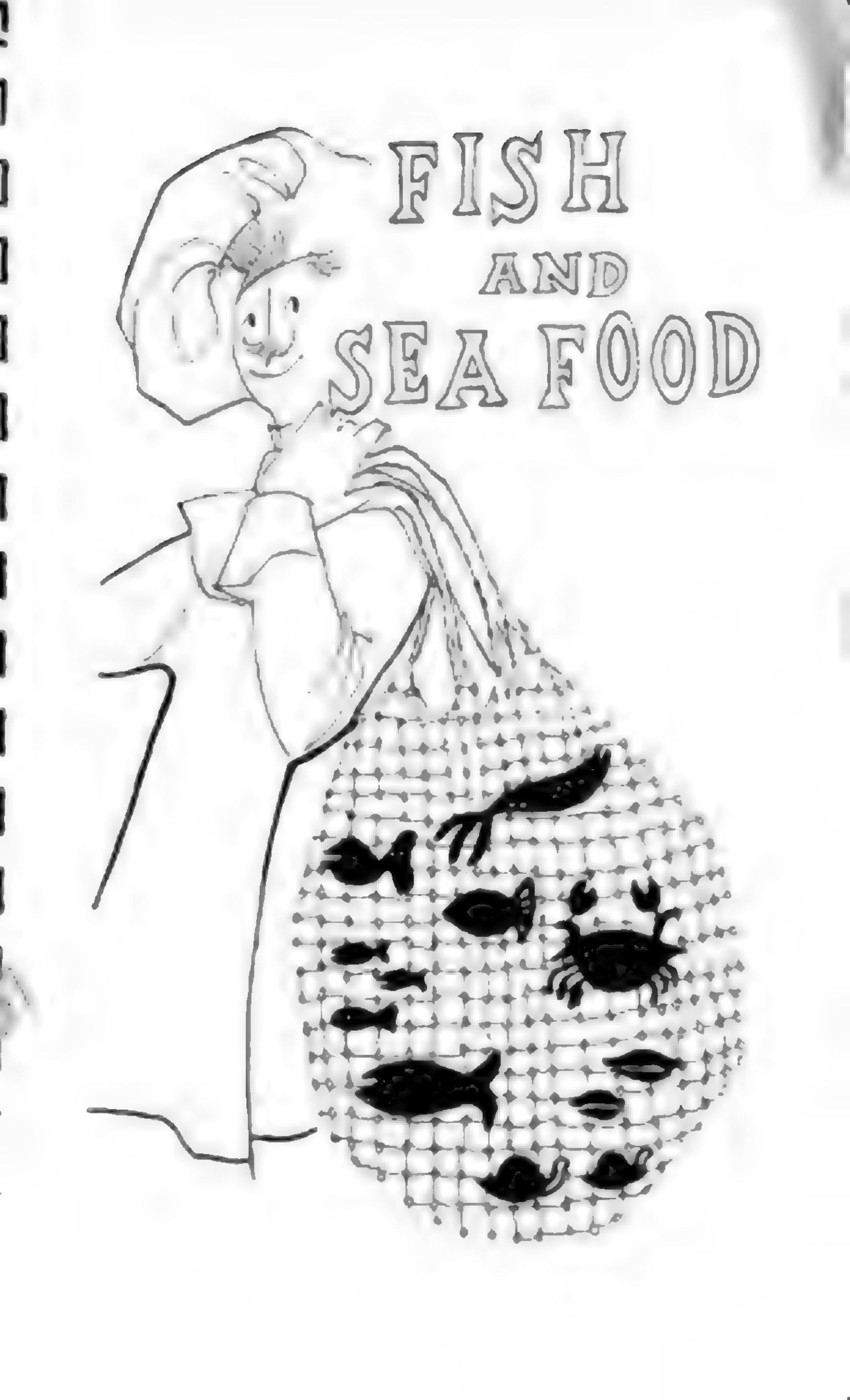
1 clove garlic, minced	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ cup salad oil	1 teaspoon Worcestershire sauce
$\frac{1}{2}$ head lettuce, romaine or escarole, chilled	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ bunch curly endive, chilled	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup salad oil	3 ounces blue cheese, crumbled ($\frac{3}{4}$ cup), or use grated
1 uncooked or 1-minute egg	kefalotiri
2 cups croutons	anchovies (optional)

1. Add garlic to the $\frac{1}{4}$ cup salad oil; let stand several hours.
2. Break lettuce into bowl in bite-size pieces. Tear endive.
3. Combine the $\frac{1}{2}$ cup salad oil, egg, lemon juice, worcestershire sauce, salt and pepper.
4. Pour over the salad greens; add blue cheese and toss slightly.
5. Pour the garlic salad oil over croutons and toss well.
6. Add croutons and anchovies to salad, tossing lightly. 6 servings.

Crab, Lobster or Shrimp Salad

1 pound fresh shrimp or 1 pound fresh crabmeat or 1 pound lobster or combination of the three	lemon juice 1 teaspoon dry mustard salt and pepper parsley or dill
olive oil	

1. Prepare seafood.
2. Mix other ingredients in a separate bowl.
3. Toss seafood lightly with the dressing. Serve on a platter or bowl lined with lettuce leaves.



FISH
AND
SEA FOOD

FRIED FISH

Allow 1 medium fish per person. (Flounder, porgies, rockfish.) Wash fish and clean. Sprinkle with salt; dip in flour. Fry in hot oil until golden brown. When done, sprinkle with lemon juice. Serve with skordalia (garlic) sauce. (See sauces).

FRIED FISH WITH TOMATO SAUCE

2 lbs, fish (rock, porgies, flounder, or filet of sole)	2 cloves garlic, finely chopped
flour	1 can tomato sauce (6 ounce)
$\frac{1}{2}$ cup olive oil (or Wesson oil)	salt and pepper
2 tbsps. oregano	bay leaves
	1 tsp. cinnamon

1. Clean and wash fish. Season with salt and pepper and roll in flour.
2. Fry in hot oil.
3. When brown, remove and place on platter.
4. Strain oil; add garlic, oregano, salt and pepper, bay leaves, cinnamon, tomato sauce.
5. Cook for about 15 minutes and serve as sauce with the fish.

FRIED FISH WITH TOMATO SAUCE

(Sabiori)

3 or 4 pound rockfish, or any fish in season	$\frac{1}{2}$ teaspoon rosemary
flour	1 small can tomato paste
vegetable oil	3 tablespoons vinegar
4 cloves garlic, cut in small pieces	1 cup water
	salt and pepper

1. Wash and cut fish in pieces and season, dip in flour and fry in vegetable oil.
2. After fish is cooked pour off some of the oil, leaving some in the frying pan. Saute the garlic in this oil.
3. After the garlic turns a golden brown, add rosemary, tomato paste, vinegar, water and salt and pepper and simmer 5 to 10 minutes.
4. Pour sauce over fish which has been placed in platter.

BROILED FISH

4 porgies, small rock, trout or bass	lemon juice
salt and pepper	oregano

1. Clean the fish and season with salt and pepper.
2. Place in broiling pan.
3. Pour lemon juice and oregano on 1 side until brown.
4. Turn over and brown other side, adding more oregano and lemon juice. Serves 4.

MARINATED FISH

10 small pan fish (trout, croakers, bass, porgies or rock)
salt and pepper
flour
oil

Sauce:
1 clove garlic (chopped fine)
1 bay leaf
rosemary
1 cup vinegar
1 tablespoon flour

1. Clean the fish and season with salt and pepper.
2. Roll in flour and fry in hot oil.
3. Drain and set the fish aside.
4. Strain the remaining oil, from the frying pan, add all sauce ingredients except the flour and simmer for 5 minutes.
5. Add the flour and stir well.
6. Pour over fish; cool and store in refrigerator.

NOTE: These fish will keep for several weeks. The flavor will improve the longer it stands.

SCALLOP KABOB

2 lbs. halibut steak (or 2 lbs. scallops)	1 tbsp. salt
1 tbsp. oil	1 tbsp. chopped parsley
	juice of 1 lemon

1. Wash fish and cut in small serving pieces.
2. Mix oil, salt, lemon juice and parsley in a bowl; marinate fish in this mixture for about 1 hour.
3. Arrange a few pieces of fish on skewer(s) and broil about 15 minutes, basting while it is cooking.
4. Serve with a little oil and lemon juice.

BAKED FISH

(*Pouri Plaki*)

3 lbs. rockfish (about 3 med. sized)	4 cloves garlic, sliced or 1 tsp. garlic powder or garlic salt
$\frac{1}{2}$ of lemon	$\frac{1}{4}$ cup olive oil
salt and pepper	1 cup wine (preferably white)
2 large tomatoes, sliced	1 tbsp. tomato paste
1 large bunch parsley, finely chopped	

1. Rub fish with $\frac{1}{2}$ of lemon, sprinkle with salt and pepper; place in pan suitable for size of fish to be baked.
2. Place sliced tomatoes on fish; sprinkle with chopped parsley and garlic.
3. Combine the olive oil, wine and tomato paste and beat well.
4. Spread over fish and bake at 350° for 45 min. or until fish flakes apart.

BAKED FISH (Pouri Plaki)

3 lb. large fish, cleaned and cut
juice of 2 lemons
3 onions, finely chopped
2 carrots, finely chopped
1 green pepper, finely chopped
few sprigs of parsley, finely chopped

1 cup canned tomatoes
2 tbsps. tomato paste
 $\frac{1}{2}$ cup bread crumbs
salt and pepper (to taste)
 $\frac{1}{2}$ cup white wine
1 cup olive oil
1 cup water

1. Salt fish well, add lemon juice and let stand for about $1\frac{1}{2}$ hour.
2. Combine finely chopped vegetables in bowl and add canned tomatoes, tomato paste and pepper (to taste).
3. In medium sized greased pan, place $\frac{1}{2}$ of vegetable mixture on bottom layer; place fish on second layer; then cover with remainder of vegetable mixture.
4. Pour wine over top and then spread bread crumbs completely over it.
5. Add olive oil and water to the pan and bake in a 350° F. or 400° F. oven for $1\frac{1}{2}$ hours (more, if necessary). Serve 4.

BAKED FISH (Pouri Plaki)

3 lb. rockfish (or any other fish)
3 medium tomatoes, sliced
1 lemon, thinly sliced
6 cloves garlic, thinly sliced

$\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ tsp. salt
water

1. Wash and clean fish and lay in small baking pan; or aluminum foil may be used.
2. Place sliced tomatoes ($1\frac{1}{2}$ " thick), lemon and garlic on fish.
3. Add olive oil, salt and pepper and enough water to keep the fish moist.
4. Bake at 350° F. for 1 to $1\frac{1}{2}$ hours.
5. Be sure to baste often and add additional water when needed.

FRIED SMELTS (Marides Tigranistes)

2 dozen smelts
1 cup flour

olive oil for frying

1. Wash smelts, pat them dry and lightly coat with flour.
2. Fry in heated oil until they are crisp and brown.

FRIED DRY COD WITH GARLIC SAUCE*(Bakaliaros Me Skordalia)*

1 (3 pound) dry cod	pepper to taste
1 cup flour	olive oil for frying

1. Cut fish into 4 inch pieces, and wash thoroughly and soak in cold water overnight.
2. Next day, rinse several times and allow it to drain.
3. When dry, roll in flour and fry in hot olive oil until golden brown.
4. Serve hot or cold with garlic sauce (lapping). Serves 6.

SALTED CODFISH WITH ONIONS*(Nabatieres Pinki)*

2 pounds salted codfish	few sprigs parsley, minced
1 cup olive oil	salt
1 can medium tomatoes	pepper
6-8 onions, thinly sliced	small amount of water

1. Soak codfish overnight in cold water.
2. Wash codfish again in cold water.
3. Saute onions in $\frac{1}{2}$ cup oil until tender.
4. Add tomatoes, parsley, remainder of oil, seasoning and a little water.
5. Cook about 5 to 10 minutes.
6. Arrange codfish in 8" x 12" baking pan; add sauce on top.
7. Bake in 350° oven until fish is done.

FISH MAYONNAISE

1 large rockfish	$\frac{1}{2}$ cup olive oil
1 cup mayonnaise	juice of 3 lemons

1. Wash and salt rockfish.
2. Bake $\frac{1}{2}$ hour in a 350° oven in a pan large enough to hold the fish.
3. Let the fish cool.
4. Cut fish in half lengthwise and remove bone.
5. Replace top, putting head and tail in place.
6. Blend mayonnaise with oil and lemon juice and pour over boned fish.
7. Top with fine parsley.
8. Garnish with pickled beets and hard boiled egg.

NOTE: You can stick a beet or an apple in the mouth of the fish for appearance.

CODFISH CAKES

2 pounds codfish
(soaked overnight)
3 onions, finely chopped
4 tablespoons butter
3 eggs

3 cups cooked rice or
2 cups uncooked rice
salt
pepper

1. Boil codfish in water until done; remove from water and mash.
2. Brown onions in 2 tablespoons butter until soft, and add to codfish.
3. Add rice, eggs, salt and pepper and mash very well.
4. Form into small cakes; dip in flour and fry in remainder of butter.

BOILED FISH WITH MAYONNAISE SAUCE

1 (4 pound) red snapper or
rockfish
2 carrots
2 stalks of celery

1 bunch parsley
1 bunch scallions
salt and pepper
2 lemons, juice of

1. Clean fish and put in a large pot; add enough water to cover.
2. Add vegetables, salt, pepper and lemon juice; boil until fish is cooked, 45 minutes.
3. Remove fish and cool.
4. Cut fish in half lengthwise, and remove bone.
5. Replace top and place whole fish on platter.
6. Cover fish with mayonnaise and garnish with the cooked vegetables.

MAYONNAISE

$\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup vinegar
1 teaspoon dry mustard
1 teaspoon salt

1 lemon, juice of
1 cup oil
1 teaspoon flour
1 egg yolk

1. Measure all ingredients and have them ready on the table.
 2. Place mustard, salt, flour and egg yolk in a deep bowl. Mix together with a wooden spoon.
 3. Add rest of ingredients a little at a time and alternating. Beat after each addition in an electric mixer or blender.
 4. Beat until mixture resembles whipped cream.
- NOTE: You may add more oil if necessary.

FRIED SEAFOOD PLATTER**Fried Scallops**

1 lb. scallops $\frac{1}{2}$ cup flour
 2 eggs beaten with a little salt 1 cup cracker meal

1. Wash scallops.
2. Dip in flour; then in beaten eggs and cracker meal.
3. Fry until golden.

Fried Filet of Flounder

1 lb. flounder filet
 salt
 $\frac{1}{2}$ cup flour 1 egg
 cracker meal

1. Wash filet and cut in small pieces.
2. Sprinkle with salt.
3. Dip in flour; then in egg and cracker meal.
4. Fry until golden.

Fried Shrimp

2 lbs. cleaned shrimp flour
 1. Dip shrimp in flour and fry in oil until golden.
 2. Sprinkle a little salt when cooked.

Arrange the above seafood on a platter. Sprinkle with a little lemon juice. Serve hot.

RICE WITH SHRIMP SAUCE

(Garnished Palus)

$\frac{1}{2}$ lb. butter $4\frac{1}{2}$ cups boiling water
 2 cups rice (Uncle Ben's) 1 tablespoon salt

1. In sauce pan, brown rice in butter until golden brown.
2. Add salt to water and add to rice. Cover pan.
3. Simmer over low heat until water evaporates.

Shrimp Sauce:

1 lb. cleaned shrimp	1 can stewed tomatoes
1 large onion, chopped	$\frac{1}{2}$ cup butter or olive oil
1 clove garlic	salt and pepper to taste

1. Brown onion in oil or butter.
2. Add shrimp and brown about 5 minutes.
3. Add tomatoes, garlic salt and pepper.
4. Simmer about 15 minutes.
5. Serve over rice.

FISH ROE CAKES

(Tarama Cakes)

1 large jar tarama

6 medium potatoes (mashed)

1 medium onion, chopped and
browned in

2 tbsps. olive oil

2 tbsps. bread crumbs

salt and pepper to taste

chopped parsley

2 eggs

1. Place tarama in bowl and cover with hot water. Let stand about 30 minutes. Drain.

2. With electric mixer beat tarama and potatoes.

3. Gradually add remaining ingredients into the beaten.

4. Shape into balls; roll in flour and fry in oil until golden brown.

BRAISED SHRIMP

1 lb. shrimp

2 medium onions, finely chopped

2 cloves garlic

1/4 cup olive oil

1/4 cup water

1/4 cup white wine

2 stalks celery, chopped

1/4 green pepper, chopped

2 tbsps. tomato paste

salt and pepper to taste

1. Brown onions and garlic in olive oil.

2. Add tomato paste, water, wine, celery, green pepper, salt and pepper; cook until tender.

3. Add cleaned shrimp and cook about 15 minutes.

FRIED SHRIMP

(Gerridea Tigrinipes)

2 lbs. shrimp, cleaned and deveined

1 cup oil

flour

lemon juice

salt

1. Dip shrimp in flour, coating well. Fry in oil about 3 min. on each side.

2. Arrange on platter. Sprinkle lightly with salt and a little lemon juice.

BROILED EELS

(Heli)

3 or 4 lbs. eels

1 tsp. salt

1/2 tsp. pepper

3 tbsps. butter

1/2 cup water

1. Wash eels, cut heads off; cut into 3 or 4 inch pieces.

2. Sprinkle with salt and pepper.

3. Add butter and water.

4. Put in broiler (not oven) at 375° F. for 1 to 2 hours.

NOTE: Skin will peel off as it is broiled. Make

wings

SHRIMP WITH LEMON AND GARLIC

(Gérides Me Shondo)

2 lbs. shrimp, cleaned and deveined	6 thsp. parsley, finely chopped
flour	Drawn Butter Sauce:
1/2 cup olive oil	2 thsp. flour
1/2 cup butter	1/2 cup lemon juice
2 thsp. finely chopped garlic	1 cup hot water
	1 thsp. butter melted

1. Wash, shell and devein shrimp, leaving tails on. Dust with flour.
2. Put oil and butter in flat baking dish and heat under low broiler until butter is melted.
3. Place shrimp in baking dish; broil under low heat for 2 minutes.
4. Add garlic and parsley to drawn butter sauce (below).
5. Pour sauce over broiled shrimp and stir until all shrimp are coated.
6. Return to broiler under high heat for 2 to 3 minutes. Serve immediately.

Drawn Butter Sauce:

1. Melt 2 thsp. butter.
2. Add 2 thsp. flour, 1/2 tsp. pepper, 1 tsp. salt, 1/2 cup lemon juice and 1 cup hot water.
3. Bring to a boil, stirring constantly, and cook for 5 minutes.
4. Add rest of butter and stir until melted.

Total Baking Time: 10 to 11 minutes. Makes 4 to 6 servings.

FRIED SQUID

(Kalamarmi)

2 lbs. squid	oil for frying
flour	Juice of 1 lemon
salt and pepper	

1. Wash squid, remove inside bone, eyes and ink bag; peel off skin.
 2. Dry squid and sprinkle with salt; then roll in flour until well covered.
 3. Heat oil and fry squid at high heat until nicely browned.
 4. Remove from heat.
 5. Place squid in a platter and sprinkle with salt and lemon juice.
- NOTE: If used as appetizers cut into small pieces.

STUFFED SQUID (Kalamaria Yemista)

3 pounds baby squid
salt and pepper to taste
 $\frac{1}{2}$ cup olive oil
2 tablespoons tomato paste
or
 $\frac{1}{2}$ cup tomato sauce
hot water to cover

Filling:
 $\frac{1}{2}$ cup olive oil
3 onions, chopped
1 cup long grain rice
3 tablespoons chopped dill
3 tablespoons chopped parsley
2 tablespoons pignolia nuts
salt and pepper

1. Wash and clean squids carefully, removing the bones, eyes and ink sack and intestines. Cut off the tentacles and save them. Sprinkle with a little salt, pepper and lemon juice.
2. Prepare filling by simmering onions in olive oil, adding the tentacles, cut in small pieces. Add the rice and cook for 5 minutes, stirring constantly. Add the remaining ingredients and continue cooking for a few minutes.
3. Allow the stuffing to cool. Then using a teaspoon stuff each squid carefully and skewer with a toothpick to hold it together.
4. Line up squids in a baking dish and pour olive oil, tomato and sufficient water to almost cover. Bake covered 350° oven for about one hour.

BOILED LOBSTER WITH OIL AND LEMON SAUCE (Astakos Yraustis)

Boiled Lobster:

4 small lobsters
salt

a little parsley
enough water to cover lobsters

1. Boil water, add 1 tablespoon salt per quart of water.
2. When water starts to boil, throw in lobsters, cover and boil 5 minutes per pound for each lobster, 8 minutes for each additional pound.
3. Remove lobsters from the pot, let cool.
4. Remove claws from body, remove meat from shells. Liver, gills, stomach and intestine should be discarded.
5. If lobster has pink coral, save it for garnishing the lobster.
6. Cut meat in bite-sized pieces.

Sauce:

$\frac{1}{2}$ cup olive oil
juice of 1 lemon
1 tablespoon chopped parsley

1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon pepper

1. Beat together the ingredients for the sauce.
2. Place lobster in a bowl or a platter; pour sauce over it; garnish with parsley.
3. Serve cold. Makes 4 to 6 servings.

FRIED OCTOPUS

(Octopodia)

1 young octopus
6 sprays of parsley
6 sprays of thyme
3 slices lemon
a little salt

a few peppercorns
1 beaten egg
flour
deep fat for frying

1. Clean, skin and wash a young octopus.
2. Season a large kettle of boiling water with the parsley, thyme, lemon slices, salt and peppercorns.
3. Drop the octopus slowly into the boiling water so that the tentacles will spread, and boil it rapidly for 3-10 minutes, depending on the size of the octopus.
4. Remove the octopus from the water to drain and cool.
5. Cut into 2-3 inch pieces, dip into beaten egg, then dredge in flour, and fry in deep hot fat for 3-4 minutes, or until golden brown.
6. Drain the pieces on absorbent paper and sprinkle with salt and pepper.

HARD CRABS WITH SPINACH IN TOMATO SAUCE

1 doz. hard crabs
1 cup olive oil
4 onions, finely chopped
1 bunch scallions, cut up
1 bunch parsley, finely chopped
salt and pepper

2 lbs. spinach, washed and cleaned
few sprigs of fresh or dry mint
1 green pepper, chopped fine (optional)

1. Wash hard crabs in sink as well as possible.
2. Steam in large pan with $\frac{1}{2}$ cup water, salt and pepper, until color changes.
3. Remove from pot; tear large claws from crabs and break in two. Discard small claws.
4. With point of knife, remove body from back shell. Wash thoroughly to remove foreign matter. If toe is in shell, use this along with the crab meat as it enhances the flavor. Break body in two.
5. Heat the oil; add crabs, onions, scallions, parsley and pepper and saute until onion is tender.
6. Add tomatoes, salt and pepper, spinach and mint.
7. Cook over low flame in a 2 quart pot, until greens are tender.

NOTE: Some people prefer to have the shells removed from the crabs when they purchase them. In that case, it is only necessary to wash the crabs and save the green crabs.

Many Greek people prefer vitsa instead of spinach.

STUFFED SQUID (Bread Stuffing) (Kalamaria Fomista)

6 small squid	2 cups buttered bread crumbs
1 onion, chopped	1 teaspoon salt
1 tablespoon oil	1 teaspoon pepper
2 cloves garlic, finely chopped	pinch of oregano
1/2 cup ripe olives	

1. Clean and skin the squid. Chop the tentacles and heads finely.
2. Sauté the onion in the oil then add the garlic and ripe olives and simmer for 15 minutes.
3. Add the buttered bread crumbs, the salt, pepper and the oregano and mix well.
4. Stuff the bodies of the squid with this mixture and sew or skewer the openings.
5. Arrange the squid in a baking dish, pour over them 6 tablespoons olive oil and sprinkle with chopped parsley.
6. Bake the squid in a moderately hot oven 375° for 45 minutes. Serve with lemon wedges.

OCTOPUS IN WINE SAUCE (Octopodi Kremeto)

1 1/2 lbs. baby octopus	2 cups red wine (Burgundy)
1 cup onions, chopped fine	1/2 cup olive oil
2 stalks celery, chopped fine	1 bay leaf
1/2 tsp. pepper	

1. Remove head from octopus; remove tentacles, throw away 3 inches of the tips; cut the rest into small pieces.
2. Cut remaining octopus into small pieces.
3. Sauté onions in oil.
4. Add remaining ingredients.
5. Cook slowly for about 1 hour until the sauce thickens.

COD ALA FOURNO (Bakaliaro Sto Fourno)

1 pound cod fillets	2 tablespoons oregano
salt and pepper	1/2 cup olive oil
1/2 cup fine bread crumbs	3 tablespoons lemon juice
2 teaspoons chopped parsley	

1. Place fish in well oiled baking pan. Sprinkle with salt and pepper.
2. Sprinkle bread crumbs, parsley, oregano over fish.
3. Pour olive oil and lemon juice over fillets.
4. Bake in 400° F. oven, 30 minutes.

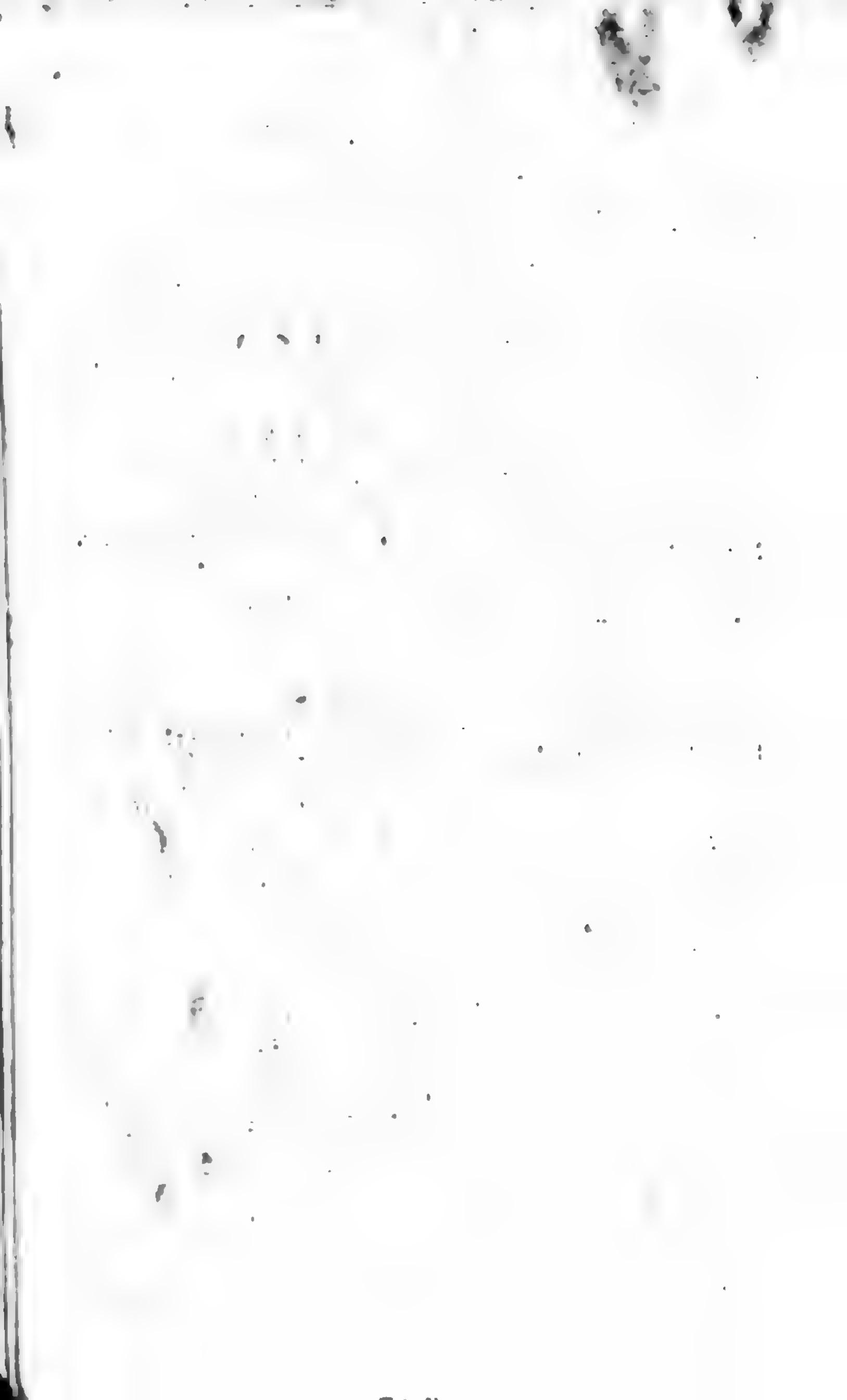
BROILED LOBSTER TAILS (Astakes)

6 (1 ounce) rock lobster tails 1 teaspoon paprika
1/2 cup butter or margarine 1/2 teaspoon onion salt
2 tablespoons fresh lemon juice

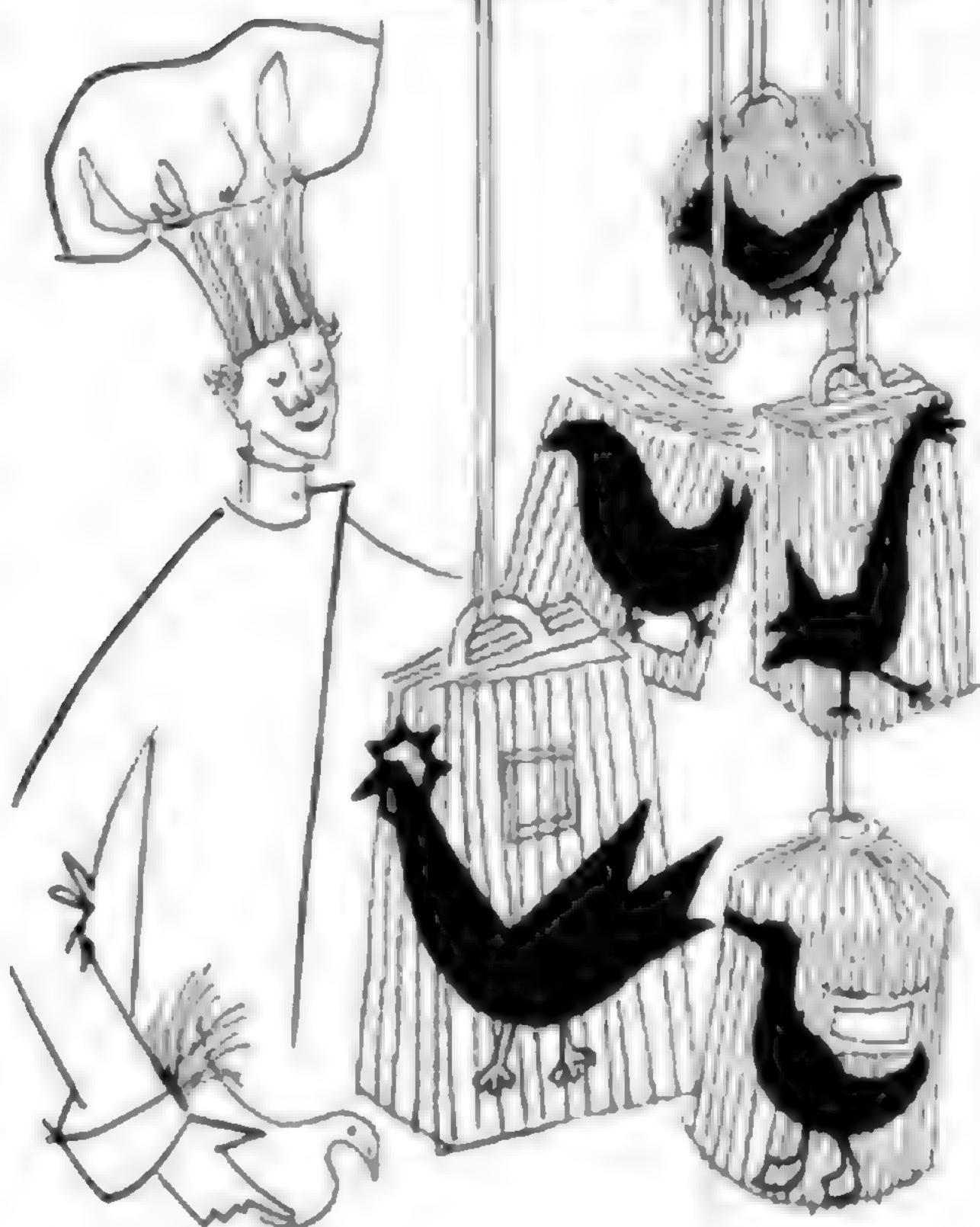
1. Preheat broiler.
2. Using scissor, cut lengthwise down sides of membrane covering flesh of lobster; remove membrane.
3. Grasp tail in both hands and bend back towards the shell side to crack to prevent curling while cooking.
4. Arrange tails on rack of preheated broiler, shell side up.
5. Turn heat to 375°. Broil 5 minutes, 8 inches from heat.
6. Then turn flesh side up and spread with butter sauce.
7. Broil 3 minutes more, basting frequently with sauce of butter, lemon juice, etc.
8. Serve remaining sauce in bowl.

SAUCE:

1. Melt butter or margarine in a sauceron.
2. Blend in lemon juice, paprika and onion salt.
3. Heat and brush over lobster tails during the last 1/2 of cooking time of the lobster tails.



GAME AND POULTRY



CHICKEN WITH RICE

(Kota Me Rizi)

1 broiler, 3 pounds
1 medium onion, chopped fine
 $\frac{1}{2}$ cup olive oil (for frying)
1 cup rice

$1\frac{1}{2}$ cups canned tomatoes
3 cups boiling water
salt
pepper

1. Wash chicken thoroughly and cut into serving pieces.
2. Brown in saucépan with olive oil, then add onion, tomatoes and season to taste.
3. Add 1 cup cold water, cover and cook over low heat until chicken is almost done.
4. Remove cover, add rice and 3 cups boiling water and cook over low heat.
5. Stir occasionally, being careful not to break up the pieces of chicken.
6. Allow to stand several minutes before serving. Serves 4.

CHICKEN WITH OKRA

(Kotopaino Me Bamya)

1 broiler, 5 pounds
 $1\frac{1}{2}$ cups water
3 tablespoons tomato paste
2 tablespoons butter

$1\frac{1}{2}$ pounds fresh okra
salt
pepper

1. Wash and clean chicken. Cut into serving pieces and place in a roasting pan at 375° oven until brown.
2. Remove from oven, dot with butter, add tomato paste and seasoning.
3. Wash and trim okra and arrange nicely around chicken.
4. Add water and simmer over medium heat about 1 hour until okra is tender.

CHICKEN WITH MUSHROOMS

(Kota Me Manstaria)

2 (2½ pound) chickens
 $\frac{1}{2}$ cup diced celery
 $\frac{1}{2}$ cup diced green pepper
1 large onion, chopped
1 clove garlic, minced
1 can tomatoes

1 can tomato sauce
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon pepper
1 teaspoon salt
3 tablespoons butter
1 cup mushrooms

1. Saute celery, peppers, onions and garlic in butter until soft.
2. Add tomatoes and sauce, sugar, salt and pepper and mushrooms, simmer for 15 minutes.
3. Brown chicken in oven. Pour sauce over it and bake in 350° for 1 hour, or until chicken is tender.

NOTE: Sauce may be used over macaroni or rice.

CHICKEN PILAF TOURBAN

1 stewing chicken
2 carrots, sliced
2 stalks celery, chopped
1 onion, chopped
salt
pepper

Sauce:
3 egg yolks
juice of 1 lemon
1 tablespoon butter
4 tablespoons flour
8 ounces rice

1. Clean chicken and wash. Boil in 2½ quarts water. When it has boiled 15 minutes add carrots, celery, onion, salt and pepper. Cover pot and cook for 3 hours.

2. For sauce - melt butter in saucepan then gradually add flour and brown. Add 3 cups of the strained broth from the chicken and boil for 10 minutes. Beat the egg yolks and gradually add them to the broth. Stir well. Add the lemon juice, salt and pepper. Remove pot from heat.

3. Wash rice and place in saucepan with water enough to cover. Add salt. Boil on low heat in a covered saucepan until rice is tender. Drain.

4. Add 3 cups chicken broth to the rice and cook over low heat for 25 minutes, until broth evaporates.

5. Pour rice into a buttered round form with hole in center and bake in another pan with a little water for 20 minutes in a 350° oven.

6. Serve with sauce and pieces of chicken

BROILED CHICKEN

(Marinated)

1 frying chicken
salt and pepper
juice of 1 lemon

$\frac{1}{2}$ cup oil
2 tablespoons butter
oregano

1. Cut chicken into serving pieces. Salt and pepper to taste and sprinkle with oregano. Marinate with lemon and oil, and let it stand one hour.

2. Broil until brown and tender. Turn a few times, basting with butter.

ROAST CHICKEN

(Prito Kotopoulo)

1 chicken, fryer or roasting
1 tablespoon salt
1 teaspoon pepper
 $\frac{1}{2}$ cup lemon juice

lemon rind
1 teaspoon oregano
 $\frac{1}{2}$ cup oil
 $\frac{1}{2}$ pound butter, melted

1. Wash chicken and place in roasting pan.
2. Mix the other ingredients and pour over the chicken.
3. Bake the chicken in 350° oven for 1½ hr. or until done. Baste occasionally.

ROAST CHICKEN WITH TOMATOES

**2½ pounds chicken
 ½ cup butter or margarine
 1 cup chopped fresh tomatoes
 1 large onion, sliced**

**1 clove garlic, minced
 ¼ cup white retsina wine
 1 teaspoon pepper**

1. Put chicken in baking pan with butter or margarine, turning it occasionally to brown evenly on all sides.
2. In another pan place tomatoes, onion, garlic, wine and pepper and simmer for 10 minutes.
3. Add to the chicken and cook in 350° oven until the meat is tender.
4. Sprinkle with chopped parsley and lemon. Serves 4.

BAKED CHICKEN

(*Kata Riganato*)

**2 fryers (2½ pounds each)
 1 teaspoon oregano
 juice of 3 lemons**

**salt and pepper to taste
 ½ teaspoon garlic powder
 oil**

1. Cut chicken in portions, wash and drain well. Salt and pepper to taste.
2. Place chicken in frying pan coated with cooking oil and brown well.
3. Remove chicken to baking pan. Mix garlic powder, oregano and lemon juice and pour over the chicken. Lemon peels may be added for flavor.
4. Seal baking pan with foil and bake in pre-heated oven at 350 for 35 minutes.

CHICKEN IN WINE SAUCE

(*Kata Vianni*)

**1 frying chicken
 2 medium onions
 (quartered and sliced)
 1 (6 oz.) can tomato paste
 ½ stick butter
 salt and pepper**

**2 cloves garlic, chopped
 1½ teaspoon mixed spices
 (tied in cheesecloth bag)
 3 cups water
 4 ounces red wine**

1. Cut chicken into serving pieces and wash thoroughly. Drain.
2. Brown chicken lightly in butter. Remove from pan.
3. In same pan, brown onions and garlic until golden brown.
4. Add chicken, tomato paste (which has been diluted with some water). Also add 3 cups water, mixed spices, salt and pepper. Let simmer on slow flame in covered pot until chicken is tender. Last ½ hour of cooking time add wine and cover.
5. May be served with spaghetti or noodles. Serves 4.

SPARTAN STYLE CHICKEN

(Barbounitiko)

2 chickens
(2 to 2½ pounds each)
½ pound butter
6 medium sized onions (each onion, cut into 6 pieces lengthwise)
1 cup wine

2 cups water
1 (6 ounce) can tomato paste
½ teaspoon cinnamon
½ teaspoon nutmeg
salt and pepper
½ pound Romano cheese, cubed
1" squares

1. Brown chicken in butter. Add onions and cook until onions are soft.
2. Add wine, cover and simmer 3 to 6 minutes.
3. Dilute the tomato paste in the 2 cups water and add to the above, together with the spices. Cover and simmer over low flame for about 1 hour.
4. About 6 minutes before serving, place cubed cheese in chicken. Bring to a boil for about 3 minutes. Serve warm. 6 to 8 servings.

SPARTAN STYLE CHICKEN #2

(Barbounotiko)

1 (3½ to 4 pounds) roasting chicken
olive oil and butter
1 onion, chopped

1 can tomato paste
3 pounds onions, sliced thin
8-9 Kefalotiri cheese pieces

1. Sauté onion in oil and butter, then sauté the cut-up chicken until brown.
2. Add the tomato paste, the sliced onions and a little water, cook over slow fire until the meat is tender. About 2 hours.
3. Five minutes before chicken is done brown the cheese in butter and add to the chicken mixture.

NOTE: Serve with spaghetti, pouring the sauce over it.

ROAST CHICKEN WITH POTATOES

(Psito Kalopoulo Me Potatoes)

1 roasting chicken (4 pounds)
butter
6 small or 3 medium potatoes

salt and pepper
oregano

1. Clean chicken and brush it with butter and place in roasting pan in 350° oven for 30 minutes.
2. Pare and wash the potatoes. Use them whole or quartered, depending on size.
3. Place the potatoes in the roasting pan around the chicken covering them with drippings from the chicken.
4. Return to oven for 1 hour until potatoes are golden brown and done.
5. Season to taste.

STEWED CHICKEN WITH ONIONS

(Kota Kepoma)

1 4-5 pound chicken
chicken fat or butter
1 can tomato paste
3 cups water
1 lemon
1 bay leaf
2 cloves garlic

2 cloves
salt and pepper
juice of 1 lemon
small piece of cinnamon stick
5 very large onions
8 pieces Romano cheese cut in
one inch squares

1. Clean and cut chicken in pieces, add salt and pepper and lemon juice.

2. Brown chicken in fat from chickens. When all meat is browned, drain off the fat from the frying pan.

3. Pour water, tomato paste, bay leaf, garlic and spices into a saucerpans and bring to a boil.

4. Pour the sauce over the chicken, add onions and cheese and cook for about 20 minutes or until chicken is done. Serve over spaghetti or boiled rice.

OVEN FRIED CHICKEN

3 pound fryer
salt and pepper

flour
oil

1. Wash and cut chicken in serving pieces. Add salt and pepper and coat lightly with flour.

2. Place on greased baking pan, skin side up. Brush lightly with oil.

3. Cook for 45 minutes in 450° oven.

CHICKEN WITH SAUSAGE AND OKRA

(Kota Me Lakaniko Ka Bamyea)

3 pound chicken, cut in
serving pieces
1/2 pound butter
2 large onions, chopped
2 cloves garlic
1/2 can tomato paste

salt and pepper
1 teaspoon sugar
1 cup water
1 bay leaf
1 pound Greek lakaniko
2 pounds frozen okra

1. Brown chicken in butter in frying pan. Remove and place in Dutch oven.

2. Brown onion and garlic for 5 minutes, then add tomato paste, water, salt, pepper, sugar and bay leaf and simmer for 15 minutes.

3. Add to chicken and simmer for 20 minutes.

4. Cut lakaniko in serving pieces and fry until all fat is gone
Add to chicken.

5. Add okra last and cook another 10 minutes.

HAMBURGER STUFFING FOR POULTRY

1 pound ground beef
1 teaspoon salt
1 teaspoon pepper
2 tablespoons butter
1 cup finely chopped celery
1 cup finely chopped onion
1 tablespoon chopped parsley
1 finely chopped green pepper

1/2 teaspoon sage
1/2 teaspoon poultry seasoning
1/2 teaspoon thyme
1 slightly beaten egg
6 cups bread cubes
water enough to soften the
bread

1. Brown the onion, celery, pepper and meat in a frying pan, then add seasonings.
2. Continue cooking until vegetables are tender.
3. Add egg to water and mix in with the bread cubes.
4. Stir in the meat mixture. Mix well and stuff the poultry.

TURKEY STUFFING A LA TURQUE

1/2 pound ground beef
1 onion, chopped
parsley
1/2 teaspoon ground all spice
1/2 cup white, seedless raisins
(pre-soaked 1 hour)
1 cup walnuts, chopped

1 turkey heart and liver,
chopped
1/2 cup rice
3-4 potatoes, boiled and mashed
4 slices bread, soaked in
3 well beaten eggs
1/2 pound butter for roasting

1. Sauté onion in butter until golden brown. Add ground beef, all spice, raisins, parsley, salt, pepper and brown all together. Remove from flame.
2. In separate pan, sauté the turkey heart and livers in butter until brown, remove from flame. Add to meat mixture.
3. Boil rice until almost cooked. Drain. Add to meat mixture.
4. Boil and mash potatoes. Add to meat mixture.
5. Soak bread in eggs. Add this and walnuts to meat mixture.
6. Simmer all the ingredients together for a few minutes. Consistency must not be dry. If dry, add more butter and turkey stock.
7. Salt and pepper to taste.
8. Stuff loosely into 12 pound turkey.

CHICKEN FRICASSEE

(Argolemeno)

1 frying chicken
2 medium size onions,
sliced and quartered
1/2 pound butter

salt and pepper
1 stalk celery, sliced in 2" pieces
5 cups water
argolemeno: see Saucen

1. Wash chicken, clean and cut in serving pieces. Drain and brown lightly in butter.
2. Add water, celery, onions, salt and pepper.
3. Let simmer on slow flame (until well done). Remove from heat and add argolemeno sauce. See page 12. Serves 4.

CHICKEN AND LIVERS IN TOMATO SAUCE*(Kota Ke Sikotakia Me Salta)*

2 packages frozen chicken livers	white wine
2 whole chicken breasts	salt and pepper
1 can tomato sauce	dash of cinnamon 1 tablespoon sugar

1. Boil chicken breasts until tender. Save broth.
2. Cut livers in tiny pieces and saute in $\frac{1}{2}$ stick butter. Then add sugar and saute well.
3. Add wine, tomato sauce, chicken broth and the chicken breasts which have been shredded. Cook for 15 minutes.
4. Serve over pilaf. Serves 8-10.

NOTE: This sauce can be made the night before and reheated the next day.

STUFFED CORNISH GAME HENS WITH FETA CHEESE

6 small Cornish Game Hens or Squabs	salt and pepper
1 $\frac{1}{2}$ pounds feta cheese	$\frac{1}{2}$ teaspoon cinnamon
2 teaspoons oregano	1 teaspoon mint

1. Clean hens and wash thoroughly.
2. Crumble the feta cheese and add oregano, pepper, cinnamon and mint.
3. Stuff each hen and wrap it in aluminum foil. Bake until almost done in 350° oven.
4. Remove foil. Allow hen to brown evenly.
5. May be served with pilaf and a salad.

NOTE: To remove wild flavor of hens, soak overnight in salt water and vinegar.

HAMBURGER STUFFING WITH RICE

2 pounds ground beef	1 pound chestnuts
4 onions, small, chopped	$\frac{1}{2}$ cup raisins
2 teaspoons salt	$\frac{1}{2}$ cup tomato sauce
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ cup rice
1 teaspoon parsley	1 cup water
$\frac{1}{4}$ cup hazelnuts	

1. Brown meat and onions.
2. Add rest of ingredients and simmer until all liquid is gone.
3. Stuff loosely into 12-16 lb. turkey.

ROAST STUFFED TURKEY

(Gallo Tomates)

10 to 12 pound turkey
2 pounds ground beef
4 onions, chopped
2 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ cup rice
1 cup water

1 teaspoon parsley
1 pound chestnuts, boiled, peeled
and broken
 $\frac{1}{2}$ cup white raisins
 $\frac{1}{2}$ cup tomato sauce
 $\frac{1}{4}$ cup hazelnuts
2 tablespoons pignolia nuts

1. Brown ground beef with onions for 10 minutes. Add rest of ingredients and cook until all liquid is absorbed.
2. Clean and wash turkey and wipe dry. Rub salt in cavity and on the outside.
3. Stuff turkey and sew or tie the opening.
4. Place in shallow roasting pan. Rub entire surface of turkey with butter.
5. Bake 1 hour at 400° oven; then reduce temperature to 325° and cook for 2 hours or until turkey is done.

TURKEY STUFFING

1 8 pound butter
3 pounds ground beef
1 large onion
2 stalks celery
1 bunch parsley
 $\frac{1}{2}$ pound walnuts
milk
water

$\frac{1}{2}$ pounds chestnuts
 $\frac{1}{2}$ pounds walnuts (shelled)
salt
pepper
1 can tomato sauce
3 eggs
1 tablespoon cinnamon
1 tablespoon mint

1. Grind coarsely with meat chopper the onion, celery, parsley and walnuts.
2. Brown the above ingredients in a large pan, adding the water and butter. Cook till soft.
3. Add ground beef and continue cooking until meat is brown. Then add salt, pepper, cinnamon, and tomato sauce.
4. Allow to cool.
5. Soften saltines in milk.
6. Cut a crown in each chestnut and boil till soft.
7. Add saltines, chestnuts, (cut up) to the meat mixture.
8. When cool add 3 eggs beaten lightly.
9. Stuff turkey.

RABBIT STEW

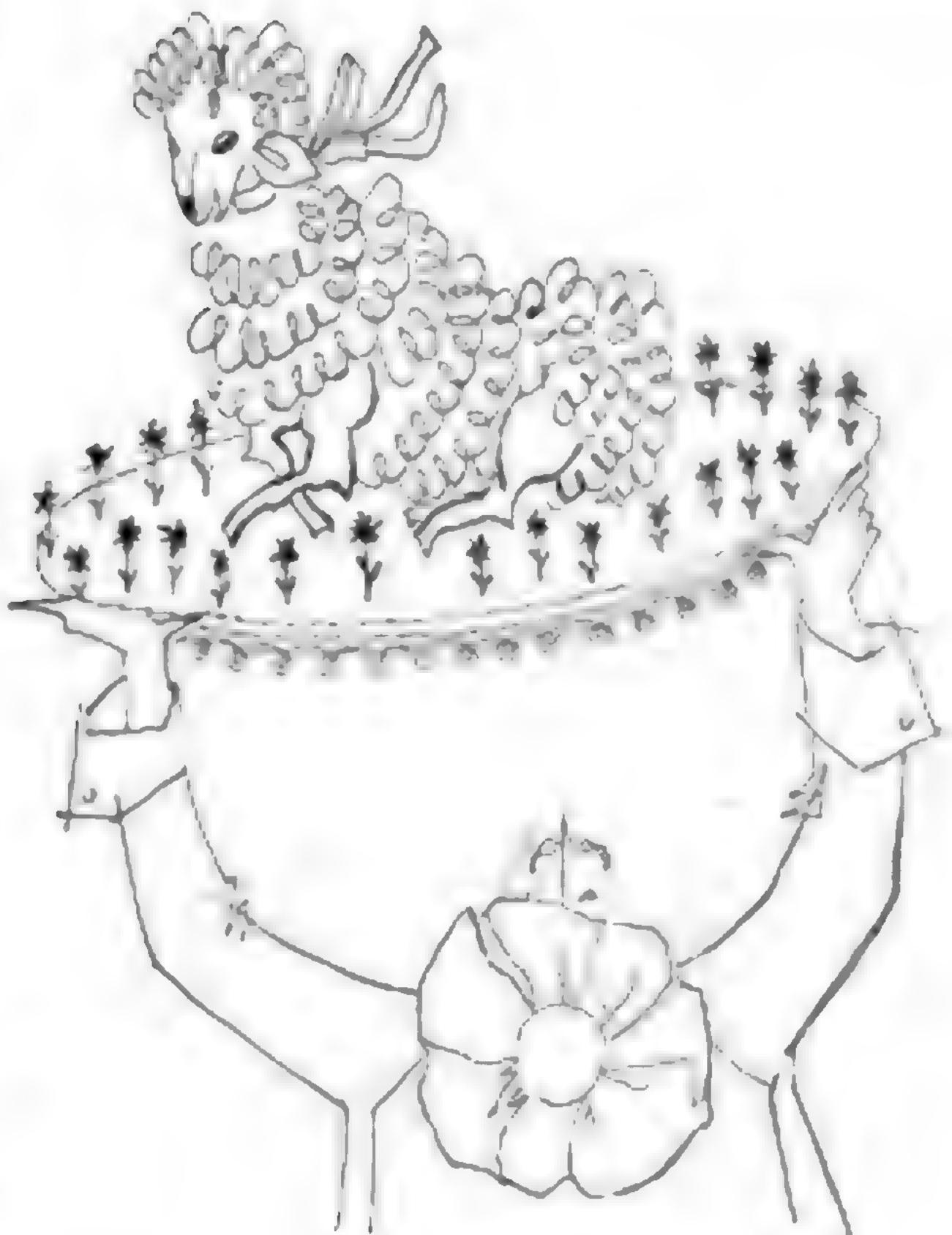
1 rabbit, cut-up
1/2 cup olive oil
1 can tomatoes (2x2)
1 large onion, chopped
1 cup water

3 pounds small whole white onions
1/2 cup vinegar
1/2 cup red wine
3 bay leaves
3 cloves garlic

1. Soak rabbit in salt water to remove any blood. Drain.
2. Cut in serving pieces. Fry in oil and remove from pan when golden brown.
3. Brown onions in same oil, add tomatoes, vinegar, water and spices, allow to cook for 15 minutes.
4. Add rabbit, cover and cook for 45 minutes or until rabbit is almost tender.
5. Add small whole onions and wine . . . cover and cook over slow flame until onions are cooked. Serve 4.

NOTE: When peeling onions be sure to remove only outer leaves and then pierce with a fork for fast cooking.

MEATS



ROAST LAMB*(Pisto Arni)*

1 leg of lamb
2 few cloves of garlic

salt and pepper
lemon juice

1. Wash the meat well and place in a roasting pan.
2. Make incisions in meat and insert garlic which has been peeled and cut in four lengthwise.
3. Rub the meat with salt and pepper and lemon juice.
4. Cook in 350° oven $3\frac{1}{2}$ hours or until done.
5. The last half hour you may add small peeled potatoes or onions, also adding about 1 cup of water.

BAKED GUVETSI WITH LAMB

2 lbs. lamb
1 lb. macaroni, spaghetti
or manestra
1/2 lb. butter

3 tbsp. tomato paste (diluted in
1 cup water)
3 tbsp. chopped onion
salt and pepper

1. Brown meat and onions in butter.
2. Add enough water to cover meat.
3. Add tomato paste (diluted), salt and pepper.
4. Cover and cook (bake) for 30 minutes or more, until meat is tender.
5. Add macaroni and stir 2 or 3 times until macaroni is done.
6. If liquid is absorbed before macaroni is cooked, add a little hot water. Serve with grated cheese sprinkled on top.

ROAST LAMB WITH POTATOES IN TOMATO SAUCE

1 leg of lamb
1 clove of garlic
salt and pepper
3 tablespoons tomato paste

2 cups water
3 bay leaves
8-12 small potatoes
whole or cut in half

1. Wash meat and place in roasting pan.
2. Make incisions in the lamb and insert $1\frac{1}{2}$ clove of garlic.
3. Rub salt and pepper over entire roast.
4. Cook in 350° oven for about 3 hours depending on the size of the leg.
5. Remove the meat from the roasting pan, and cover it with foil to keep it warm. Add the vegetables, tomato paste, water, bay leaves to the gravy remaining in the pan, after removing excess fat.
6. Cook until potatoes are done.

BAKED LAMB IN FOIL

(Arni Sto Harti)

3 pounds lamb shoulder, or a small leg, cut in serving pieces
1 bunch scallions, chopped
salt and pepper
1 lemon

1 pound kasseri or feta cheese
3 tomatoes
dill seed or oregano
4 tablespoons oil
garlic (optional)

1. Wash the meat, cut in serving pieces. Rub well with salt, pepper, dill or oregano and lemon juice.
2. Cut incisions into the meat and place garlic in them.
3. Sauté the onions in hot oil, add the tomato and brown well.
4. Cut aluminum foil large enough to hold one serving. Place meat on foil and spoon sauce over it. Put a good sized piece of cheese over the top of each piece of meat.
5. Wrap carefully and seal the paper securely so that none of the juices escape.
6. Place in a baking pan and bake in 350° oven for 2½ hours or until the meat is done.
7. Serve hot in the foil to retain the flavor of the meat. Serves 6.

NOTE: For variety you can add potatoes, eggplant, green pepper, or mushrooms.

LAMB POT ROAST

(Egyptian-Style)

1 to 1½ pounds green beans
2 pounds small potatoes
1 eggplant (1 to 1½ pounds)
1 pound long, thin zucchini
1 clove garlic
1 boned rolled leg of lamb
(6 pounds before boning,
rolling)

2 teaspoons salt
½ teaspoon pepper
2 teaspoons salt
½ teaspoon pepper
½ teaspoon garlic salt
paprika
2 onions, sliced
3 medium ripe tomatoes

1. In 1' boiling, salted water, cook beans 5 minutes. Drain; measure liquid; add water to make 2½ cups. Heat oven to 375°F. Pare potatoes. Cut eggplant into ½" slices.

2. Rub lamb on all sides with the cut clove of garlic; sprinkle 2 teaspoons salt and ½ teaspoon pepper. Place lamb in center of shallow open pan.

3. Arrange potatoes, beans, eggplant and zucchini around meat, making two piles of potatoes and one of each of others.

4. Sprinkle vegetables with the other 2 teaspoons salt, ½ teaspoon pepper and ½ teaspoon garlic salt. Sprinkle potatoes with paprika. Pour bean liquid into pan. Place onions on top of meat and vegetables. Cut tomatoes into quarters; with hands squeeze juice over meat and vegetables; discard pulp.

5. Bake uncovered, 2½ hours, frequently basting with pan juices.

6. Place meat on large platter; partly slice. Arrange vegetables around meat. Thicken pan juices and pass. 6 servings.

STUFFED LAMB SHOULDER (Arni Yemista)

1 lamb shoulder (4 pounds)
with pocket
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup lemon juice
1 cup rice
 $\frac{1}{2}$ cup butter
1 pound ground beef

$\frac{1}{2}$ pound lamb liver, ground
once
1 onion, grated
 $\frac{1}{4}$ teaspoon pepper
2 teaspoons salt
1 teaspoon cinnamon
2 tablespoons snipped mint
leaves
1 cup light or dark raisins

1. Start heating oven to 325° F.
2. Cook rice as label directs.
3. Sauté the ground beef, ground lamb liver, and grated onion in $\frac{1}{2}$ cup butter.
4. Remove from heat; add salt, pepper, cinnamon, mint and raisins.
5. Rub pocket of lamb shoulder with salt and pepper; fill with as much of stuffing as needed; skewer in place.
6. Place lamb in shallow roasting pan; dot with butter and sprinkle with lemon juice; roast, basting often, 2 to $2\frac{1}{2}$ hours.
7. Place rest of stuffing in baking dish with sheet of foil. Bake along with lamb, last half hour of roasting.
8. When lamb is done, arrange it on a heated platter, with extra stuffing heaped near pocket in lamb. If desired, garnish, with 6 sautéed leek stalks; 1 large onion in rings, one bottle green olives; or 9-10 lemon wedges or fresh dill. Makes 6 servings.

STUFFED RACK OF LAMB

1 rack of baby spring lamb
1 cup lung (cut fine)
1 cup liver (cut fine)
1 lb. ground beef or lamb
2 onions
2 cups water

2 tbsps. grated kefalotiri cheese
2 teaspoons ground mint
2 cups rice
 $\frac{1}{4}$ lb. butter
1 fresh tomato (optional)
salt and pepper

1. Brown ground meat, liver and lung with the onions.
2. Add salt, pepper and ground mint.
3. After the meat has browned, add rice with butter, until rice is browned.
4. Then add the water, and simmer until the above mixture has absorbed the water. Remove from flame.
5. Add the grated cheese.
6. Stuff the lamb and sew it.
7. Rub lamb with butter and bake in oven at 375° F. until done.
8. When lamb is almost done, add 10 to 12 small potatoes.

ROAST LEG OF LAMB WITH FETA CHEESE

1 leg of lamb $\frac{1}{2}$ teaspoon each of
 $\frac{1}{4}$ pound crumbled feta cheese salt and pepper
 1 teaspoon oregano

1. Have butcher bone lamb. Then have him put cheese, pepper and oregano and roll and tie it.
2. Place the meat in a baking pan and rub it with salt lightly.
3. Bake in 350° oven for about 3 hours, or until done.

LAMB STEW WITH GREEN BEANS

(Arni Yinkui)

3 pounds lamb shoulder or neck, cubed	$\frac{1}{2}$ teaspoon dill
1 can tomato sauce (6 ounce)	1 green pepper
3 onions, chopped	2 pounds green beans, cut

1. Remove fat from lamb and cube.
2. Place in saucepan with enough water to cover.
3. Bring lamb to a boil and remove the water.
4. Wash meat well and place in a 2-quart saucepan with the tomato sauce, onions, dill and green pepper.
5. Add green beans to the meat and cook in covered saucepan until meat is done.

LAMB STEW

(Arni Yinkui)

3 pounds lamb, cut in small pieces, lean (neck, shoulder, etc.)	3 tablespoons tomato paste (or 1 can tomato sauce)
3 onions, chopped fine	salt
1 #10 can tomatoes	pepper
	1 bay leaf
	3 cinnamon sticks (optional)

1. Remove fat from lamb.
2. Place meat in a saucepan with enough water to cover.
3. Boil for a few minutes, then strain and discard water.
4. Sauté the meat and onion until brown.
5. Add tomatoes, tomato paste and cook covered until meat is tender.

NOTE: You may use this sauce over rice, spaghetti, etc.

NOTE 2: Or you may add water to the stew when it is almost done and add one of the following to it:

1 cup rice—2 cups water	
$\frac{1}{2}$ pound spaghetti—	
2 cups water	
2 cups orzo—2 cups water	
2 pound endive—no water	
6 small artichokes—no water	

2 pounds zucchini squash—	
no water	
2 pounds okra	
no water	
2 pounds string beans—	
no water	

ARTICHOKEs (To be added to Lamb Stew)

1. Clean artichokes leaf by leaf, leaving only the tender leaves. Trim stem and cut lengthwise down from the center.
2. Clean the inside by removing all fuzz and needles.
3. Wash thoroughly in cold water. Rub artichoke with lemon ($\frac{1}{2}$ lemon to 1 artichoke). Soak in cold water, with lemon juice, for few minutes.
4. Add artichokes to lamb stew when meat is almost done. Continue cooking until artichokes are tender.

LAMB KEBAB (Chelo Kabab-Iran)

3 pounds leg of lamb, cut in 3-inch cubes	1 large onion, sliced
2 cups yogurt	1 teaspoon salt
	1 teaspoon pepper

1. Mix together well the lamb, yogurt, onion, salt and pepper.
2. Let mixture stand overnight.
3. Thread the lamb cubes on skewers and broil, turning often, until the meat is browned and done to taste.

NOTE: Serve with pilaf.

TURKISH KABOBS (Savrlakia Tis Tonitria)

2 lbs. lean lamb
1 qt. water
1 cup vinegar
4 bay leaves
4 cloves garlic
1 tsp. salt
1/2 tsp. pepper

2 onions, minced
salad oil
1 medium eggplant (pared), cut in 1" cubes
1/2 lb. whole small mushrooms
about 2 cups fresh bread crumbs

1. Combine lamb, water, vinegar, bay leaves, garlic, salt, pepper and onions. Cover and refrigerate 2 days.
2. About 1 1/2 hr. before serving, preheat oven to 425° F. Remove lamb from liquid, and dry with paper towels.
3. In skillet, start with about 2 tbsp. salad oil (add more as needed), and sauté lamb, then eggplant with mushrooms until golden, and sprinkle with salt.
4. On skewers (about 12" long), arrange lamb chunks alternately with eggplant cubes and mushrooms, if available.
5. Brush the combination with salad oil; then roll in bread crumbs.
6. Place skewers across open shallow pan; bake 6 minutes or until done. Makes 6 servings.

BRAISED SHOULDER OF LAMB

1 (3 pound) shoulder of lamb	1 1/2 teaspoons thyme
garlic	1 1/2 teaspoon pepper
5 tablespoons olive oil	8 small eggplants, peeled
12 small white onions	and cubed
6 tomatoes, peeled and seeded	
2 teaspoons salt	

1. Have the butcher bone and roll the lamb.
2. Stud the meat with slivers of garlic.
3. Brown the roll in the oil on all sides.
4. Add to the pan the onions, tomatoes, salt, pepper and thyme.
5. Cover the pan and simmer the mixture until the eggplant is tender.
6. Remove the lamb to a platter and arrange the vegetables around it.
7. Bring the sauce to a boil, reduce it over high heat for 4-5 minutes, and pour it over the lamb and vegetables.
8. Sprinkle all lavishly with chopped parsley and lemon juice.

SHISH KABOB

(Soutzakia)

(Use either or both)	onions
leg of lamb, cubed	oregano
pork tenderloin, cubed	green pepper (on skewers)
salt and pepper	wine
- juice of 1 lemon	olive oil
- juice of 1 orange	garlic powder

1. Cube leg of lamb or pork tenderloin or both.
2. Combine salt, pepper, lemon and orange juices, oregano, olive oil, wine, garlic powder with meat.
3. Place in shallow pan and cover. Allow meat to marinade for 5 hours.
4. Place on skewers alternating meat with peppers and onions.
5. Broil in shallow pan until done.

PORK TENDERLOIN - SHISH KABOB

(Soutzakia)

Marinate pieces of pork tenderloin cut into 1" cubes (same as for lamb or beef).

Allow more time for cooking pork, making certain that meat is thoroughly cooked.

FLAMING BEEF SHISH KABOBS (Sovietia)

2 pounds beef (1½ inch cubes)	½ teaspoon pepper
2 onions, thinly sliced	¼ teaspoon marjoram
1 clove garlic, crushed	mushroom caps
1 cup Burgundy wine	green pepper wedges
2 tablespoons vinegar	tomatoes, quartered
½ cup olive oil	lemon sections (optional)
2 teaspoons salt	

- ① 1. Combine in bowl beef cubes, onions, garlic, wine, vinegar, oil and spices.
- 2 Cover and let stand overnight (or several hours) in refrigerator.
3. Place meat on skewers alternately with mushroom caps, green pepper wedges, tomatoes with lemon at end of skewer. Reserve marinade.
4. Broil in 375° oven basting several times with marinade.

NOTE: To serve flaming, tie a piece of cotton saturated with brandy or lemon extract and light.

ROAST BEEF WITH BAKED VEGETABLES

8-10 lbs. beef roast	accent
1 tbsp. flour	1 glass water
garlic powder	salt and pepper

Wipe meat with damp cloth. Sprinkle with salt, pepper, flour, accent and garlic powder. Place in large roasting pan with fat side up—add water to pan. Bake in 300° oven for 15 minutes, reduce temperature to 300° and cook, basting occasionally. If you do not have meat thermometer allow 15-18 minutes per lb. for rare meat, or 20-25 for medium. When meat is done remove from pan and keep warm until ready to serve.

To drippings in pan add enough water to make 1½ cups of liquid. Add to pan—

1 pkz. frozen string beans	4 potatoes (quartered) or
1 pkz. frozen okra	10 small whole potatoes
10-12 small onions	salt and pepper
1 eggplant (cut in small pieces)	accent
10-12 small carrots	1 can of tomato sauce

Place vegetables separately, in pan in order given. Salt and pepper to taste. Add accent and pour tomato sauce over the vegetables. Bake in moderate oven 350° for 1 hour or until the vegetables are done. Serves 8-10.

BAKED ROUND STEAK

3 lbs. round steak	5 or 6 potatoes
1 green pepper, sliced in strips	2 - 8 oz. cans Hunt's Tomato sauce
1 large onion	

1. Place round steak in an 8 x 14 pyrex baking dish.
2. Slice onions and place on steak together with green pepper.
3. Pour one can of tomato sauce over this.
4. Cover with aluminum foil and place in oven at 350° F. for 1 hour.
5. Pare and slice potatoes (round slices) and place on top of peppers and onions. Potatoes should cover entire steak.
6. Pour the second can of tomato sauce over the potatoes, recover and return to oven for an additional 1 hour.

NOTE: Sherry cooking wine can be added to the steak if desired.

BEEF ONION STEW

(Stifado)

3 lbs. beef (cut in medium size pieces)	1/2 cup red wine
1 large onion, finely chopped	3 tbsps. vinegar
3 lbs. of small whole onions	2 bay leaves
1 cup canned tomatoes	several pieces of whole allspice
2 tbsps. tomato paste	2 cups water

1. Sauté the large chopped onion with the beef until brown.
2. Add wine, spices and vinegar, mixing thoroughly, and cook for about 6 minutes.
3. Then add tomato paste and canned tomatoes with about 2 cups water and cook until meat is half done.
4. Add small whole onions, making certain that there is enough liquid in pot so that onions are covered. (If not, add more water.)
5. Cook until meat and onions are done.

BROILED STEAK*(Spartan Style)*

4 T-bone or
2 sirloin steaks
2 lemons (juice of)

$\frac{1}{2}$ lb. butter
oregano
salt and pepper

1. Place meat on broiler pan.
2. Dot with butter.
3. Season with juice of lemons, oregano, salt and pepper.
4. When meat is browned on one side, turn and proceed as in steps 2 and 3.
5. Continue basting with pan juice. Serve piping hot. Serves 4.

**STUFFED BREAST OF VEAL
WITH HAMBURGER STUFFING****I. Breast of Veal for stuffing, with pocket.**

1. Wash meat; salt pocket.
2. Stuff loosely with hamburger stuffing (recipe below).
3. Sew pocket.
4. Add butter and salt to meat.
5. Bake in medium oven (350° F.) for $2\frac{1}{2}$ hours.
6. Add a little water to pan after meat has browned.

II. Hamburger Stuffing.

1 lb. ground beef
1 cup finely chopped onion
1 cup finely chopped celery
2 tbsps. butter or margarine
1 tsp. salt
1 tsp. pepper
1 tbsp. chopped parsley
 $\frac{1}{2}$ tsp. sage

1 finely chopped green pepper
 $\frac{1}{2}$ tsp. poultry seasoning
 $\frac{1}{2}$ tsp. thyme
1 slightly beaten egg
6 cups bread cubes
 $\frac{1}{2}$ cup water (or enough to make of right consistency)

1. Brown in butter the meat, onion, celery, green pepper and add seasonings.
2. Cook until onion is tender.
3. Beat egg and add water.
4. Add egg mixture to bread, stir into meat mixture and stuff into veal.

VEAL CUTLETS

10 - 5 oz. veal cutlets
flour
6 eggs, beaten

8 oz. grated Parmesan cheese or
sharp Greek cheese
butter

1. Cut each of the cutlets (cut from the legs) into three small scallopines.
2. Dip in flour and then in mixture of the 6 beaten eggs and 8 oz. cheese.
3. Sauté veal pieces in butter. Serve with rice.

VEAL POT ROAST WITH LEMON

3 lb. veal
3 tbsp. butter
2 tbsp. flour

2 lemons (juice of)
4 to 5 cups water

1. Brown meat in butter.
2. Mix flour in 2 cups water and add to meat.
3. Add lemon juice to meat.
4. Boil for about 8 minutes, and then add remaining water.
5. Season to taste, cook for about 2 hours in a covered saucepan.

VEAL YIAHNI

Stew (Yiahni)

1 lb. boned veal
1/2 cup butter
2 cloves garlic, chopped
2 tbsp. tomato paste

1 cup water
salt and pepper
1 bay leaf
1/2 tsp. sugar

1. Brown meat in butter with garlic
2. Add tomato paste, water, salt and pepper, sugar and bay leaf.
3. Cover and simmer for 1 hour.

PORK WITH CELERY (in Avgolemono)

2 lbs. pork, cut into serving pieces	2 tbsps. chopped parsley
2 medium onions, diced	2 tbsps. flour
2 tbsps. olive oil (if meat is too lean)	1/2 cup white wine (dry) 1 large bunch celery, cut into 3" pieces salt and pepper

1. Sauté meat until brown on all sides, then add onions and brown.
2. Add parsley, flour and wine and enough water to cover meat.
3. Salt and pepper to taste and cook until almost tender, about 1½ hours.
4. Add celery (and more water, if necessary) and cook until done.
5. Prepare avgolemono sauce (see sauces) and add to pork and celery a little at a time. Serve hot.

ROAST SUCKLING PIG

small piglet, about 11 lbs. or less	salt and pepper
1 cup melted butter	garnishings—parsley, orange or apple
1/2 cup lemon juice	oregano

1. Select a small piglet no more than 14 lbs. Wash thoroughly inside and out and wipe with towel until dry. Rub salt and pepper over the entire pig, inside and out. Wedge a bird of weed in the jaws of the piglet to keep the mouth open during roasting. Tie the hind legs together after pulling them back and straighten forward.

2. Pour a little butter and lemon mixture over the pig, after placing pig in open roasting pan. For even roasting, place pig on rack in pan and baste at intervals with lemon butter and drippings.

3. For first 1/2 hour have oven hot (400 F.) and reduced to 300 F. for remainder. Pork should be well done to a crisp golden brown. Allow 80 minutes per pound. $\approx 3 \frac{1}{2}$ hrs.

Arrange in platter, garnish with parsley, insert orange or apple in the mouth, and pour over strained-off drippings and sprinkle with a little oregano.

LIVER WITH PEPPERS (Sikotakin)

1 1/2 lbs. liver (lamb, calf's, beef)	1 large can tomatoes, peeled
1 1/2 lbs. green peppers, cut in lengthwise strips	chopped parsley 3 tablespoons butter salt and pepper

1. Combine green peppers, tomatoes, parsley, butter, salt and pepper and cook until juice of tomatoes is absorbed.
2. Cut liver in small pieces and add to the above combination, cooking until liver is tender.

GELINATED PORK*(Piki)*

2 pigs feet
 3 lbs. fresh ham
 1 ham bone
 $\frac{1}{2}$ cup lemon juice
 $\frac{1}{2}$ cup vinegar
 few cloves of garlic

handful of mixed spices
 (tied in a cloth bag)
 salt and pepper to taste
 water (enough to cover all
 ingredients)

1. Wash pigs feet carefully and split lengthwise.
2. Place fresh ham, bone, pigs feet and spicebag in large soup pot and cover with water. Cook until meat is tender.
3. Separate meat from bones and place meat in a large bowl. Set aside.
4. Strain the broth.
5. Add broth to meat together with vinegar, lemon juice, salt and pepper.
6. Place bowl in refrigerator until mixture thickens.

STUFFED VINE LEAVES*(Dolmades)*

1 pound ground meat
 2 onions, chopped
 1 bunch scallions, chopped
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ cup rice
 1 tablespoon salt
 a dash of pepper
 2 tablespoons dill

2 tablespoons parsley
 a dash of mint
 2 pounds pignolia nuts *1 lb of*
 2 eggs
 1 jar grapevine leaves
 2 tablespoons lemon juice
 enough water to cover the
 leaves

1. Brown onions, scallions in olive oil until soft.
2. Add rice and remove from heat, allow to cool.
3. Add ground meat, salt, pepper, dill, parsley, mint, pignolia nuts and eggs and mix.
4. Wash grapevine leaves and separate.
5. Place each leaf with the smooth shiny surface on the outside. In center of each, place one teaspoon of filling (depending on size of leaf). Fold sides over and roll. Arrange leaf rolls side by side in succeeding layers in a saucepan.
6. Cover filled leaves with boiling water, olive oil and lemon juice. Place a heavy plate on top of dolmades to keep them tight. Cover and cook about 1 1/2 hour. If there is any liquid left in the pan, strain it.

PAN FRIED LAMB LIVER

1 lb. lamb's liver
flour

shortening
lemon juice

1. Flour liver and fry 3 minutes on each side in shortening.
2. Pour a little lemon juice and salt. Serve immediately.

BARBECUED SPARERIBS

3 to 4 lbs. spareribs
 $\frac{1}{2}$ head of garlic, chopped
 medium
 1 tbsp. oregano
 2 onions, chopped

1 can tomato puree
 1 cup vinegar
 $\frac{1}{2}$ cup Worcestershire sauce
 1 tbsp. dry mustard
 salt and pepper to taste

1. Place spareribs in baking pan with salt and pepper, garlic, oregano, and chopped onions.
2. Bake until tender and brown. Bake in hot oven (500°F.), reducing to 400°F. after brown.
3. Make sauce with puree, vinegar, mustard and Worcester-shire sauce.
4. Drain grease off spareribs. Pour sauce over spareribs and bake until it thickens a little.

STUFFED LIVER

1 whole liver (calf or lamb)
 1 chopped onion
 olive oil
 salt and pepper to taste
 1 grated carrot

2 tablespoons chopped parsley
 oregano
 1 clove garlic, chopped fine
 1 can tomato sauce
 $\frac{1}{2}$ cup wine

1. In frying pan, saute onion with a little olive oil then add carrots, oregano, garlic, salt and pepper until the onion is tender.
2. Take the liver and make a pocket in the middle, be careful not to make the outside tear too large.
3. Fill the pocket with the sauteed ingredients, skewering it with toothpicks.
4. In a saucepan place the tomato sauce with a little butter and the wine and cook for 15-20 minutes.
5. Place the liver in the saucepan with sauce and cook over low flame.
6. Cook until the liver is done, and not too much liquid is left in the pan.

NOTE: Serve with pilaff or creamed potatoes.

MEAT LOAF WITH POTATO TOPPING

3 eggs
4 teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
3 cups fresh bread crumbs
 $\frac{1}{2}$ cup chili sauce
 $\frac{1}{2}$ cup minced onion
4 pounds ground beef

1 cup grated raw carrots
 $\frac{1}{2}$ cup snipped parsley
2 boxes (8 serving size) instant mashed potatoes
3 egg yolks
1 tablespoon prepared mustard

1. In large bowl, beat eggs; stir in salt, pepper, bread crumbs, chili sauce and onion; lightly mix in beef, carrots and parsley.
2. Pack meat mixture into a 2 qt. ovenproof bowl; cover with Saran and refrigerate.
3. Start heating oven to 400° oven. Bake meat loaf $1\frac{1}{2}$ hours, draining off fat during baking. Invert meat loaf on wire rack to drain, then slide onto a wooden plank or greased cookie sheet; pat dry with paper towel.
4. Prepare potatoes according to directions on box, then add egg yolks with mustard.
5. Frost loaf thickly with potatoes and bake 30 minutes or more until golden brown.

STUFFED PEPPERS

10 to 12 peppers
1 pound ground beef
3 onions, chopped
 $\frac{1}{2}$ teaspoon pepper
1 can tomato sauce

$\frac{1}{2}$ cup olive oil
1 green pepper, minced
3 stalks celery
2 cups rice
 $\frac{1}{2}$ cup parsley

Saute celery, onions, peppers, parsley in oil till soft. Then add meat and rice and brown. Cut stems off peppers, scoop out seeds and rinse in cold water. Fill with stuffing and then place top slice back on the peppers. Place in baking pan with 8 cups water. Bake in oven 375° for 1 hour, basting frequently.

SOUTZOUKAKIA

(Sauerkraut)

1 pound ground beef
1 clove garlic, chopped fine
 $\frac{1}{2}$ teaspoon kimo (cumin)
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon pepper
1 tablespoon olive oil
2 tablespoons chopped parsley
2 slices bread

Mix ground beef with first six ingredients. Wet bread and add it to the mixture. Form mixture into oval shapes about 3 inches long and 1 inch thick. Place $\frac{1}{2}$ stick butter or margarine in frying pan and brown meat balls. Pour prepared sauce over them and simmer 1 hour.

SAUCE FOR SOUTZOUKAKIA

In saucepan pour 8 ounces tomato sauce and $\frac{1}{2}$ pound canned tomatoes ($\frac{1}{2}$ can). Break up tomatoes and add $1\frac{1}{2}$ cups water and 2 bay leaves. Allow to simmer about one hour.

MEAT BALLS AND NOODLES

(Hellen)

2 eggs, well beaten
1 pound ground beef
1 clove garlic, minced
2 tablespoons minced parsley
 $\frac{1}{4}$ cup grated Parmesan cheese
1 teaspoon salt
3 tablespoons vegetable oil
2 cans tomato paste (6 ounce)

3 cans hot water (tomato paste cans)
1 teaspoon fried sweet basil
1 teaspoon salt
dash of pepper
 $\frac{1}{2}$ teaspoon sugar
1 pound cooked noodles

Mix together first six ingredients. With wet hands form into about 16 balls. Mixture will be quite soft. Brown slowly in hot oil, shaking pan frequently to keep balls round. Blend tomato paste with remaining ingredients. Pour over meat balls. Cover and simmer one hour. Serve over cooked noodles.

TOUVERLAKIA

(Meat Balls in Avgolemono Sauce)

1 pound ground lamb or beef
1 medium onion chopped fine
 $\frac{1}{2}$ cup uncooked rice
2 eggs

salt to taste
pepper to taste
mint to taste

Combine all the ingredients and mix well. Set aside. Meanwhile, boil one pint of water with a marrow bone** to make stock and bring it to a boil. Make small balls of the meat and drop them into the boiling water. Cook slowly for about 20 minutes.

*Prepare Avgolemono sauce and pour over meat balls, agitating the pot so it will not curdle and allow to stand uncovered for about 10 minutes before serving.

*See Avgolemono Sauce, page 12.

**Marrow bone optional

MEAT ROLL

(Roulo)

2 pounds ground beef
2 onions, chopped fine
1 cup bread crumbs, softened
2 eggs, uncooked
1 clove garlic, crushed

1 teaspoon cumin
 $\frac{1}{2}$ cup tomato juice
1 ounce melted butter
5 hard-boiled eggs
1 tablespoon chopped parsley

Combine meat, onions, bread crumbs, uncooked eggs and seasonings together. On a wax paper surface, spread out the meat mixture. Place the hard-boiled, shelled egg down the center of the flattened meat mixture. Carefully fold the meat mixture over the eggs like you would a jelly roll. Place in a baking pan and bake 350° oven for 1 hour or more. Baste with tomato sauce. Serves 6.

COMBINATION DOLMA

3 long type eggplants
 3 medium squash
 3 firm tomatoes
 3 green peppers
 1½ pounds ground beef
 ½ cup rice
 2 tablespoons tomato paste
 4 onions

2 cloves garlic
 parsley to taste
 dill to taste
 a little mint to taste
 salt to taste
 pepper to taste
 dash of sugar

Wash all the vegetables. Scrape out the centers. Save pulp of tomatoes for stuffing. Brown beef in frying pan, add onions and garlic. Cook about 5 minutes. Add tomato paste, rice, parsley, dill, mint, salt, pepper, sugar, tomato pulp, chopped fine. When water has absorbed remove from heat and fill vegetables with meat mixture. Place in a greased pan, add a little water, cover and bake in medium oven. Check in about 1 hr., uncover last 15 minutes.

NOTE: You may also stuff blooms from squash plants in same way. Bloom must be picked early in day and stuffed immediately.

STUFFED CABBAGE LEAVES WITH Avgolemono SAUCE

(Dolmades Me Avgolemono)

1 head of cabbage or 1 jar
 grapevine leaves
 1 pound ground beef
 1 onion, chopped fine
 ¼ cup parsley

2 fresh mint leaves, chopped
 ½ cup rice
 1 teaspoon salt
 ½ teaspoon pepper
 1 egg

1. Remove outer leaves of cabbage and parboil the rest for about 6 minutes. Carefully remove leaves one at a time. If you use vine leaves use them as is.

2. Mix the remainder of the ingredients well.

3. Place about 1 teaspoon of the filling in the inside of each leaf, tucking the ends to prevent the dolmades from opening.

4. Arrange the stuffed leaves in a pot and cover with boiling water.

5. Cook over slow flame for about 1 hour.

AVGOLEMONO SAUCE

3 eggs

1½ to 2 lemons, juice of

Beat eggs till frothy, add lemon juice a little at a time, beating constantly. Add small amount of the hot broth from the dolmades to the egg mixture, beating constantly. Pour sauce over dolmades; allow to stand for about 10 minutes before serving.

STUFFED CABBAGE

2 pounds ground beef
1 cabbage, about 5 pounds
2 medium onions
1 cup rice
 $\frac{1}{2}$ cup butter or margarine

4 tablespoons oil
 $\frac{1}{2}$ teaspoon pepper
1 tablespoon salt
1 teaspoon sugar
1 can tomato sauce

1. Cut core of cabbage and parboil it until it is soft enough to roll in oblong shape. Cut stems off after it is boiled.

2. Brown ground beef with butter, chopped onion, salt and pepper. Then add tomato sauce, rice and sugar.

3. Cook until liquid is gone. Then take cabbage and make rolls. Place them in pan side by side.

4. Add boiling water to the cabbage rolls, 2 - $2\frac{1}{2}$ cups or enough to cover rolls.

5. Place heavy plate on top, weighted with a cup of water, to hold cabbage rolls in place.

6. After liquid comes to a boil, lower heat and cook until liquid evaporates.

STUFFED TOMATOES

16 medium-size tomatoes
1 pound ground beef
 $\frac{1}{2}$ pound ground lamb
 $\frac{1}{2}$ cup rice (long grain)
1 teaspoon parsley
1 large onion, chopped fine

pulp from tomatoes
2 tablespoons dried mint (thymo)
1 tablespoon sugar or more, to taste
salt and pepper to taste

1. Slice tops from tomatoes, allowing a hinge so they may be raised up and down.

2. Scoop out pulp with a teaspoon. Discard hard centers, but place remaining tomato pulp and juice in a bowl to be used later.

3. Fry chopped onion in large skillet until golden brown.

4. Add ground beef and lamb and stir constantly until brown.

5. Then add tomato pulp, salt, pepper, sugar, parsley, mint and 3 cups of water.

6. Bring to boiling point, add rice and stir.

7. Continue cooking on low flame for about 15 minutes or until rice is half-cooked and the mixture has absorbed most of liquid.

8. Spoon mixture into tomatoes, replace caps and arrange tomatoes closely in a metal or glass baking pan. Pour in enough boiling water to cover bottom of pan.

9. Bake at 350° oven for 1 hour. Serves 5 - 6.

EGGPLANT CASSEROLE (Mousaka)

2 large eggplants
 1½ pounds ground beef
 2 medium onions, chopped
 2 cloves garlic, chopped
 1 can tomato paste
 1 can water
 salt and pepper
 1 teaspoon sugar

Cream Sauce:

6 tablespoons flour
 1 quart milk
 1 teaspoon salt
 ½ pound butter
 ½ cup grated cheese
 6 eggs

1. Slice and soak the eggplants in cold salted water for 1 hour. Drain, wipe dry and fry in vegetable oil until light brown. Drain on absorbent toweling.

2. Brown ground beef ten minutes, add onions and garlic and brown five more minutes. Add tomato sauce, water, salt and pepper, sugar and let cook until liquid evaporates.

3. Brown flour in saucypan, add butter, milk, salt, grated cheese and cook until thickened. Beat eggs until light, slowly pour cream sauce in eggs, beating while you are adding sauce.

4. In casserole or pan, place one layer eggplants, a little grated cheese over eggplants and a layer of meat mixture, then another layer of eggplants. Continue alternating layers. Pour cream mixture on top of all. Bake in 375° oven until brown about 1 hour. Allow to cool before serving.

POTATO CASSEROLE (Mousaka Na Potatoes)

3 large potatoes
 1½ pounds ground beef
 1 chopped onion
 1 can tomato sauce (8 oz.)
 2 teaspoons salt
 ½ teaspoon pepper

1 cup water
Sauce:
 4 beaten eggs
 ½ cup milk
 salt and pepper

1. Peel potatoes and slice in round pieces $\frac{1}{3}$ inch thick. Fry until light brown.

2. Line a 13" by 9" pan with a layer of potatoes.

3. Sauté ground beef with onion until brown. Add salt, pepper and tomato sauce and 1 cup water. Simmer until all liquid is gone. Pour a layer of this mixture over potatoes.

4. Take another layer of fried potatoes and place over mixture. Use enough water to cover all of mousaka and bake in 350° oven until all liquid is gone. Remove from oven and add egg mixture. Cook until egg is set (about 10 minutes).

GROUND MEAT WITH WHEAT

(Kibee-Syrian)

(Kibbe-Syrian)

2 pounds ground lean lamb (ground twice) or beef	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
1½ cups fine grain wheat (bulgar)	salt and pepper	
	1 teaspoon nutmeg	
	pignolia nuts	
	butter	

1. Soak wheat in water. Store in a cool place or in refrigerator for 3 - 4 hours.
 2. Strain wheat and add salt and pepper to taste, and nutmeg.
 3. Mix well until the consistency is sticky and can be formed into balls.
 4. Add raw meat to wheat mixture and mix well.
 5. Take a 18" by 13" pan, brush it generously with melted butter. Place the mixture in this pan and flatten it down.
 6. Sprinkle it with whole pignolia nuts. Cut in diamond shapes and brush with 4 tablespoons melted butter.
 7. Bake at 450° oven for 1½ hour until golden brown.

• NOTE: Wheat may be purchased in Greek Stores.

MEAT BALLS

(Kestrelaking)

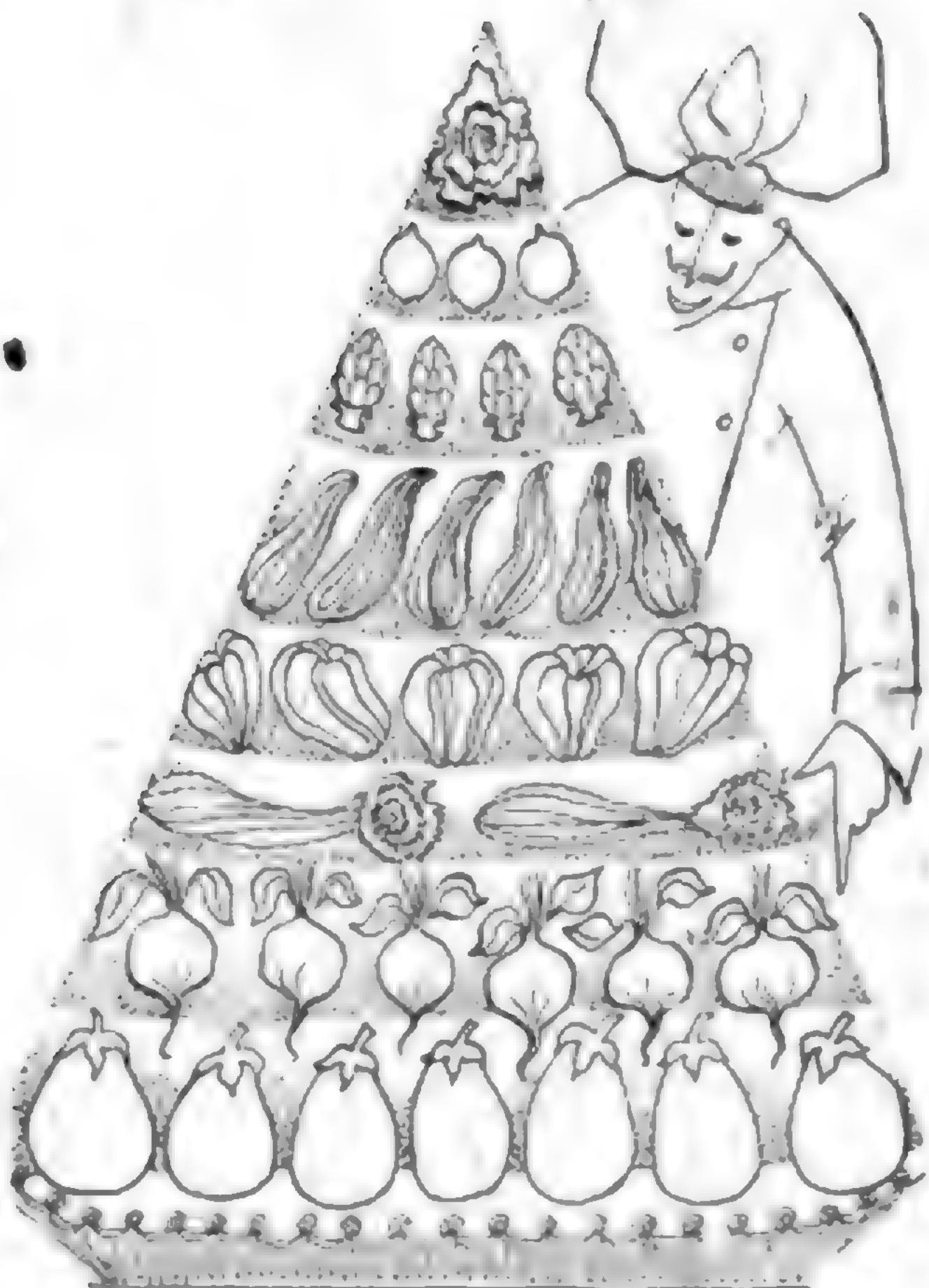
2 pounds ground beef	salt, pepper to taste
1 cup onions, chopped fine	1 cup oil for frying
2 cups bread crumbs, moistened	3 tablespoons chopped
2 eggs, well beaten	parsley or mint leaves

Brown onion in a little butter. Place in mixing bowl with meat, bread crumbs, eggs, and seasonings. Mix well and shape with your hands into medium-size round balls. Roll lightly in flour and fry in very hot oil until brown. Yield 3 to 4 dozen.

HAMBURGER POTATO CASSEROLE

1 1/2 pounds ground beef	5 to 8 medium potatoes
1 large onion, chopped	2 tablespoons tomato paste
2 stalks celery, chopped	diluted with a little water
1 clove garlic, minced	or tomato sauce
few sprigs of parsley	salt and pepper

1. Sauté onions, celery and garlic until tender.
 2. Add ground beef and cook together for about 5 minutes.
 3. Put mixture in a greased casserole.
 4. Cut potatoes lengthwise and spread over the top of the meat. Dot with butter, add tomato paste, dilute with water or the tomato sauce.
 5. Cook until potatoes are done.



VEGETABLES

VINE LEAVES STUFFED WITH RICE (Saracouts Fila)

**2 bunches spring onions
2 large onions
3 stalks celery
2 cups rice
vine leaves**

**1/2 cup chopped dill
1/2 cup chopped mint
1 cup oil
salt and pepper**

1. Chop onion and celery and saute in a little oil until soft.
2. Add the rest of the ingredients and mix well.
3. Stuff grapevine leaves with 1 teaspoon of the rice mixture.
4. Sprinkle with 3 tablespoons oil and juice of 1 lemon.
5. Cover with enough water to cover leaves. Put a dish on top and a jar of water on the dish to weight it down. Cook over a medium flame about 30 minutes, or until the rice is cooked. Serve cold.

BOILED GREENS AND VEGETABLES

Greens and vegetables have always been considered an essential part of a complete meal by the Greek people. They are to be distinguished from, not confused with, the usual uncooked green salads. They are part of the meal in addition to, and not instead of, the salad. The Greeks, because of the questionable purity of the water used for watering gardens, have for generations shied away from eating raw vegetables.

Greens and vegetables used in cooked form are:

Dandelion Greens	Artichokes
Vlita	Spinach
Swiss Chard	Beet Tops and Beets
Endive	Kale
Escarole	Asparagus
Cauliflower	Green Beans
Squash	Broccoli
Watercress	Cabbage

The dandelion green, wild or cultivated, and vlita are two of the most popular greens. Vlita cannot be purchased, but can be found along most any roadside. However, only an expert should try to identify it.

Preparation of the greens consists of a thorough washing and cleaning, cutting away the less tender leaves, and immersion in a pot full of boiling salt water. Plenty of water should be used with the dandelion and vlita and the boiling should continue long enough for the leaves to become tender and lose their bitterness. The more mild-flavored vegetables should be boiled in a minimum of water and should never be over-cooked.

They are then served in a separate dish with lemon juice and olive oil poured over them. Many Greek people enjoy an accompaniment of crunchy crust bread, pieces of which are soaked in the oil and lemon juice.

STUFFED EGGPLANTS*(Papoutakia)***6 small eggplants****Filling:**

**2 pounds onions, sliced fine
1 cup oil
2 tablespoons parsley,
finely cut**

**2 tablespoons dill, finely cut
salt and pepper
6 cloves garlic
4 fresh tomatoes
1 teaspoon sugar**

1. Wash eggplants. Make 4 slits lengthwise, being careful not to separate the pieces.

2. Sprinkle the incisions with salt and sugar. Let stand 15 minutes, then wash and rinse thoroughly.

3. Slice onions and garlic and brown in oil; add parsley, dill, tomatoes, sugar, salt and pepper. Cook 10 minutes. Cool.

4. Take eggplants one by one and stuff incisions with filling.

5. Place eggplants row by row in baking pan. Spread remaining filling over eggplants. Add a little water and bake 1 hour, 350° oven.

SPINACH AND POACHED EGG*(Armenian)*

1. Cook and drain a package of chopped frozen spinach. Press into a shallow greased pan.

2. Just before serving, break six eggs into pockets made in spinach with a large flat spoon.

3. Cover and bake until eggs are done.

SQUASH WITH SCRAMBLED EGGS**4 small zucchini squash
4 eggs****2 tablespoons butter
salt and pepper**

1. Wash squash and slice into thin slices.

2. Fry the squash in the butter over a low flame until it becomes tender.

3. Beat the eggs and pour over the squash. Stir gently until the eggs are cooked. Serve 4.

SPINACH WITH RICE*(Spanakorizo)*

**1 pound spinach
2 chopped onions
2 tablespoons tomato paste
or 1 can tomato sauce**

**½ cup oil
½ cup rice
1 cup water
salt and pepper**

1. Sauté onions in oil until brown. Dilute the tomato paste with the water and add to the onions.

2. Clean and wash the spinach and add that to the other mixture, then add rice, salt and pepper. Cook for 30 minutes or until done.

OKRA WITH TOMATOES

(Bakmyes Me Tomates)

**1 1/2 pounds okra
2 onions, chopped
2 cloves garlic, chopped fine
1/4 cup olive oil
1 bay leaf**

**1 tablespoon tomato paste
1 cup tomatoes (Italian)
salt and pepper to taste
1 teaspoon sugar**

1. Wash okra and drain.
2. Brown onions in oil about 5 minutes.
3. Add tomato paste, tomatoes and bring to a boil.
4. Add garlic, salt and pepper, sugar, okra, bay leaf and cook until tender.

FRIED EGGPLANT

**1 large eggplant
1 cup oil**

**1/2 cup flour
salt and pepper**

1. Cut eggplant lengthwise into slices. Wash and drain. Salt and let stand for 15 minutes.
2. Coat with flour and fry in hot oil until brown on each side.
3. Salt and pepper to taste.

NOTE: This is delicious served with garlic sauce. Serves 3-4.

EGGPLANTS WITH KEPALOTIRI CHEESE

**2 pounds sliced eggplant
(1/2 inch thick)
2 pounds fresh tomatoes
(peeled)
1/2 pound Kefalotiri cheese,
sliced or Parmesan**

**1/2 cup grated cheese
3 hard boiled eggs
1 small onion, chopped
1/2 cup oil
oil for frying**

1. Sprinkle the eggplant with salt and let it stand for 1 1/2 hour.
2. Wash and drain the eggplant and fry in oil. Remove the eggplant from the pan and drain.
3. To the tomatoes, add 1/2 cup oil, chopped onion and cook. When the tomatoes are done, add the grated cheese.
4. Take a baking pan or a casserole, add one layer of eggplant, a layer of sliced hard boiled eggs, then sliced cheese and add sauce on top. Then repeat the process until all ingredients are used.
5. Bake in 350° oven until it is done. 4-6 servings.

NOTE: You may brown the eggplant in the broiler with butter or oil instead of frying it.

EGGPLANT WITH CHEESE

1. Pure eggplant and slice in 1/2" slices. Place in small casserole, cut 1 clove garlic (or sprinkle with garlic powder).
2. Cover and bake 1 1/2 hour or until done.
3. Sprinkle generously with grated cheese (parmesan, romano or kefalotiri). Serve immediately.

SUMMER VEGETABLE MIX - BAKED

1 eggplant	1 bunch scallions
½ pound squash	2 medium onions
1 pound string beans	parsley or fresh mint
1 pound okra	4 fresh tomatoes or
1 pound potatoes	1 #2 can stewed tomatoes
salt and pepper to taste	1 cup oil

1. Cut eggplant, squash, potatoes in 1" slices. Add okra, beans, scallions and onions cut in small pieces, chopped parsley or mint and salt and pepper.

2. Add tomatoes and oil and bake in covered casserole or baking pan at 350° for 1 hour.

3. Gently stir vegetables 2 or 3 times during baking.

BAKED VEGETABLES

(Bergianei)

3 eggplants	6 large onions, sliced
1 pound squash	1 can tomato sauce
1 pound potatoes	3 cloves garlic
salt and pepper	mint and parsley
½ cup water	1 cup oil

1. Slice vegetables in baking pan, add cut-up parsley and mint, pepper, salt, tomato sauce, oil and water.

2. Bake in 375° oven for about one hour until done.

ARTICHOKE AND FAVA BEANS

6 large artichokes	1 spring onions
3 pounds koukia (fava beans)	3 large tomatoes or
½ cup oil	1 can tomato sauce
salt and pepper	juice of 1 lemon

1. Cut artichokes and clean them. Add lemon juice so that they will not brown.

2. Clean and peel beans.

3. Put in ingredients in pot, with water enough to cover, and also add tomatoes.

4. Cook until tender. Must have very little broth left.

ARTICHOKE OMELET

2 artichokes	flour
6 eggs	salt and pepper
½ cup milk	oil or butter for frying

1. Clean artichokes leaf by leaf, cut into quarters and put in water with the juice of 1 lemon for a few minutes to prevent them from turning brown.

2. Flour the artichoke pieces and brown in the oil or butter.

3. Beat the eggs with the milk and pour over the artichokes. Cook until eggs are done. 2 servings.

SQUASH FRITTERS (Armenian)

squash
grated sharp cheese
chopped parsley

1 egg for each squash used
4 tablespoons flour
oil for frying

- When making delma save insides of squash. Chop this up and stir together with grated cheese, chopped parsley.
- Add one egg for each squash used and add about 4 tablespoons flour and mix thoroughly.
- Use about 2 tablespoons of the mixture for each fritter, and fry them in hot oil.

STUFFED GREEN SQUASH

6 squash (small variety)
1 tablespoon salt
butter

1 cup cottage cheese
1 cup feta cheese, crumbled
3 eggs

- Cook squash in salted water for 10 minutes. Drain. Cut squash lengthwise and scoop centers.
- Mix cottage cheese, feta cheese and eggs. Fill in scooped squash.
- Place in buttered pan, add small piece of butter on each squash.
- Bake in 850° oven until brown.

POTATO PANCAKE BALLS

6 to 7 large size potatoes
2 eggs
2 tablespoons flour
1 teaspoon salt
dash of pepper

1 medium onion, grated
fresh parsley
1/2 cup grated Parmesan cheese
3 - 4 tablespoons shortening

- Boil potatoes in jackets. Peel and mash.
- Mix together eggs, flour, salt and pepper, grated onion, parsley and cheese.
- With hands form into small balls. (Mixture will be soft).
- Sift flour over pancake balls and fry them slowly in the hot melted shortening. Shake the pan frequently to keep the balls round.

PICKLED GREEN PEPPERS AND CARROTS (Tournai)

3 quarts cold water
1 quart vinegar
8 tablespoons salt

peppers
carrots
a few cloves garlic

- Cut peppers in quarters. Clean carrots and peel the garlic. Combine water, vinegar and salt.
- Place vegetables in jars, adding liquid to each jar. Do not close immediately as it may need more liquid. Tighten jars and allow to stand for 1 month before using.
- When ready to serve, put vegetables on platter and add olive oil.

HELLENIC ARTICHOKES

1 dozen small artichokes
6 very small peeled onions
 $\frac{1}{2}$ cup dry white wine
1 clove garlic

juice of 1 lemon
 $\frac{1}{4}$ cup oil
salt
pepper

1. Thoroughly wash the artichokes, cut off the stems to about 1 inch of the globe, remove the outer leaves and cut $\frac{1}{4}$ inch from the tips of the remaining leaves.

2. Cut each artichoke in half and scrape away the suds. Allow them to stand for 20 minutes in a bowl of boiling water. Drain.

3. Put the remaining ingredients in a pot, add the artichokes and boiling water to cover them. Cook for 25 to 30 minutes, or until they are tender.

4. Remove the artichokes, turn them upside-down to drain. Arrange on platter.

5. Take about $\frac{1}{2}$ of the liquid in which they were cooked; add salt and pepper and pour it over the artichokes while they are still hot. Allow them to cool before serving.

SQUASH AND TOMATOES

2 pounds small green squash
1 onion, chopped
2 cloves garlic
 $\frac{1}{2}$ cup olive oil

1 large can Italian tomatoes
1 teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
2 teaspoons dill

1. Wash and cut squash in 1 inch pieces. Drain.
2. Brown onions in oil over medium heat for about 3 minutes.
3. Add drained squash and brown with the onions another 6 minutes.
4. Add garlic, tomatoes, salt, sugar, dill and cook until tender.

BAKED EGGPLANT

(Melanzane)

4 eggplants
 $\frac{1}{2}$ cup oil
3 chopped onions
1 clove minced garlic

3 chopped tomatoes
 $\frac{1}{2}$ cup chopped parsley
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

1. Cut the eggplants in half lengthwise. Cut 4 slashes in meat of each.
2. Cook the eggplant 3-4 minutes in olive oil. Remove from pan and set aside.
3. Add to a pan 1/3 cup oil, onion, garlic, tomatoes, parsley, salt and pepper. Cook for 6 minutes. Put the mixture in the slashes in the eggplants.
4. Top each eggplant half with a tomato slice, sprinkle with oil and bread crumbs. Put in baking dish and add 1/3 cup water and 1 tablespoon oil.
5. Bake 1 hour at 350° or until tender.

ARTICHOKE WITH EGG-LEMON SAUCE

**10 artichokes
 1/2 pound spring onions
 (chopped fine)
 1 sprig of dill
 2 ounces butter**

**1/2 cup oil
 1 lemon
 2 eggs
 salt and pepper to taste**

1. Clean artichokes and rub with lemon juice. Place in bowl of water, to which 1 tablespoon of flour has been added. Add juice of 1/2 lemon.

2. Brown onions in saucepan with a little salt, pepper and butter.

3. Add dill and artichokes. Mix well. Add oil and enough water to cover artichokes. Cover top of pot with waxed paper, then place cover over the waxed paper. Cook over medium heat for 20 to 25 minutes. (When you remove the top from the saucepan be careful not to let any of the steam drip on the artichokes because they will turn black if you do).

4. Beat eggs well—add lemon juice. Slowly add hot liquid from artichokes stirring constantly until sauce is creamy. Add to artichokes.

NOTE: Serve with keftedes (meat balls) or fried potatoes.

To Clean Artichokes: See steps 1 and 2 in "Hellenic Artichoke" recipe.

ARTICHOKE STEW

(Yianni)

**6 artichokes
 juice of 1 lemon
 2 onions
 1/2 cup oil**

**1 tablespoon dill
 salt
 enough water to cover
 artichokes**

1. Clean the artichokes, cut them in two and rub with lemon juice. Then place them in salted water.

2. Brown the onions in the oil.

3. Drain the artichokes and add them to the oil and onion mixture. Add the lemon juice, dill and the water. Cover. Allow them to boil over high flame so they will not turn dark.

STRING BEANS WITH TOMATOES

(Fasolakia Yianni)

**2 pounds string beans
 1 onions, chopped
 2 cloves garlic (chopped fine)
 1/2 cup olive oil
 1 tablespoon tomato paste**

**1 cup tomatoes (small Italian)
 1 cup water
 1 teaspoon salt
 1/2 teaspoon sugar**

1. Wash and cut beans.

2. Brown onions in oil over medium heat about 5 minutes.

3. Add tomato paste, tomatoes, water, garlic, salt and sugar and bring to a boil.

4. Add string beans and cook until tender.

TOMATO OMELET

2 fresh tomatoes
4 eggs

2 tablespoons butter
salt and pepper

1. Place tomatoes in boiling water for about 1 minute, and then skin them with a small knife.
2. Cut the tomatoes in small pieces, put them in a pan with the butter, salt and pepper.
3. Boil until thick.
4. Beat the eggs and add to the tomato mixture, stirring lightly until the eggs are cooked.

OMELET WITH FETA CHEESE

4 eggs
2 tablespoons butter

1 tablespoon milk
 $\frac{1}{4}$ cup feta cheese

1. Beat eggs with feta cheese, milk and seasoning.
2. Put butter in pan, and before it melts, pour in egg mixture.
3. Keep stirring mixture until it cooks.





MACARONI
AND RICE

BAKED MACARONI WITH MEAT STUFFING

(Pasticcio)

1 pound large elbow macaroni	grated Kefalotiri cheese
2 pounds ground lamb or beef	1/2 pound sweet butter
1/2 teaspoon cloves	1 tablespoon flour
1 teaspoon cinnamon	1 quart milk
salt and pepper	8 eggs

1. Boil macaroni in salted water and drain.
2. Butter 8 x 12 x 2 baking pan and spread with bread crumbs. Lay $\frac{1}{2}$ of the macaroni in the pan.
3. Brown meat with salt, pepper, cloves and cinnamon in a large frying pan.
4. Prepare the sauce—melt butter in saucerpans, then add flour and brown slowly—slowly add milk. When the milk and other ingredients are warm, add beaten eggs, and cook slowly, stirring often, for about 10 to 15 minutes until mixture thickens.
5. Add the cooked meat mixture to the bottom layer of macaroni, then sprinkle generously with grated cheese.
6. Put the remainder of macaroni on top, sprinkle with more cheese, then add the sauce.
7. Sprinkle paprika and a little cinnamon on top.
8. Cook in a pre-heated 400° oven for 45 minutes. Serve 20-24.

BAKED MACARONI #2

(Pasticcio)

1 pound macaroni	1/4 cup water
1 tablespoon salt	Sauce:
2 pounds ground beef	6 eggs
3 small onions	3 cups milk
2 teaspoons salt	1 1/2 tablespoons flour
1/2 teaspoon pepper	1 teaspoon salt
2 teaspoons parsley	3 tablespoons grated cheese
3 tablespoons tomato sauce	1/2 pound butter

1. Boil macaroni in salted water until medium cooked. Drain.
2. Sauté ground beef with chopped onion, salt, pepper, parsley and tomato sauce. When well browned, add water and simmer until all water is gone.
3. Melt the butter, add the flour and brown slowly, then slowly add the milk. When the milk and other ingredients are warm, add the beaten eggs and cook slowly, stirring often.
4. Butter the 8 x 12 baking pan and lay $\frac{1}{2}$ of the macaroni in the pan.
5. Add the ground beef mixture.
6. Add another layer of macaroni and sprinkle with grated cheese.
7. Pour the sauce over the top. Sprinkle with paprika.
8. Bake in pre-heated 400° oven until golden brown about 40 minutes.

BAKED MACARONI #3

(Pasta fio)

2 pounds macaroni
 $1\frac{1}{2}$ quarts milk
 8 large eggs (or 12 medium)
 4 tablespoons flour
 1 tablespoon butter
 1 cup grated cheese,
 (Kefalotiri, Romano or
 Parmesan)
 3 pounds lean ground beef

1 can tomato paste
 1 can water
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ground cloves
 salt and pepper to taste
 1 medium onion, finely chopped
 $\frac{1}{4}$ pound melted butter

1. Boil macaroni in salted water until tender, but do not over-cook. Drain.
2. Brown onion with ground beef. Add seasonings. Add tomato paste and water.
3. Simmer for one hour or until meat is done.
4. Melt butter and brown with flour until a paste is formed, lower heat.
5. Gradually add milk, a little at a time until mixture is smooth.
6. Remove from stove.
7. Beat eggs, add gradually to cream sauce mixture.
8. Grease a $12 \times 18 \times 3$ baking dish and put $\frac{1}{2}$ of the macaroni in the pan, pouring $\frac{1}{2}$ of the melted butter over the macaroni.
9. Sprinkle generously with grated cheese.
10. Pour $\frac{1}{3}$ of the cream sauce, then spread entire meat filling over it.
11. Sprinkle again with cheese and another $\frac{1}{3}$ of the cream sauce.
12. Put remainder of macaroni, melted butter, grated cheese and cream sauce.
13. Sprinkle paprika on top.
14. Bake in a pre-heated 350° oven for 1 hour. 24 servings.

CHICKEN OR LAMB LIVERS WITH RICE

(Arzen Püf)

2 medium onions, grated or
 chopped
 $\frac{1}{4}$ pound butter
 2 pounds chicken livers or
 $1\frac{1}{2}$ pounds lamb livers (cut
 into small pieces)

1 cup rice
 1 cup wine
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves or nutmeg
 salt and pepper to taste
 2 cups water
 3 tablespoons tomato paste

1. Brown onion in butter.
2. Add livers, salt and pepper and brown.
3. Add wine and spices; cover and simmer for about 8 minutes.
4. Add tomato paste diluted in water. (Add more tomato paste and water if preferred).
5. Bring to a boil; add rice, lower flame and simmer for about 30 to 45 minutes or until the rice is tender. Serve 4.

NOTE: For easier individual serving, arrange rice in crater of platter and livers around the edge of the platter.

BAKED MACARONI "PITA" (Pastelio Me Filo)

1 pound elbow macaroni	salt and pepper
1 tablespoon salt	2 onions, chopped
1 pound ground beef	2 tablespoons flour
$\frac{1}{2}$ cup grated cheese (Kefalotiri or Romano)	2 cups milk
6 eggs	1/2 pound butter
	10 sheets filo (pastry)

1. Brown ground beef with onion, salt and pepper and cook for 15 minutes.
2. Boil macaroni in salted water until done. Drain.
3. For the cream sauce—brown $\frac{1}{2}$ pound butter with flour then add the milk.
4. Beat eggs well and add to meat mixture.
5. Mix cream sauce, ground beef mixture, macaroni and grated cheese in a large pan.
6. Take 8 x 12 x 2 baking pan and place 5 sheets of filo on the bottom with a little melted butter on each sheet of filo.
7. Pour macaroni mixture over filo.
8. Brown $\frac{1}{2}$ pound butter and pour over the macaroni.
9. Cover macaroni with remaining buttered filo.
10. Brown in a pre-heated 350° oven for about 1 hour.

BAKED MACARONI WITH CHICKEN (Pastelio Me Kotsa)

1 chicken	Krema:
1 small onion	1 quart milk
$\frac{1}{2}$ teaspoon salt	1 tablespoon flour
$\frac{1}{2}$ teaspoon pepper	5 eggs (beaten)
4 tablespoons butter	1 cup grated cheese
1 lb. macaroni	(Parmesan or Kefalotiri)

$\frac{1}{2}$ pound butter

1. Boil the chicken in salted water until tender. Remove all skin and bones. (White meat preferred). Shred chicken meat finely or put through grinder.
2. Brown onion in butter, add chicken and seasonings and simmer for 5 minutes.
3. Boil 1 pound macaroni in chicken broth until tender. Drain.
4. Scald milk and flour until mixture is smooth, pour slowly into well beaten eggs.
5. Butter large 9 x 14 baking dish, sprinkle grated cheese, add macaroni and chicken mix. Pour melted butter over, sprinkle with grated cheese. Pour white sauce over and bake 40 minutes in 400° oven until golden brown.

BAKED SPAGHETTI

3 tbsp. olive or vegetable oil	1 tsp. herb seasoning (mixed herbs)
3-8 oz. tomato sauce	
1½ to 2 lb. ground chuck	½ tsp. crunched red pepper
1 small onion	garlic salt
1 tsp. Worcestershire sauce	1 ½ lb. spaghetti
	Romano cheese, grated

1. Slice onion and brown lightly in oil, add meat and brown thoroughly.

2. Add seasonings and about 1½ can tomato sauce and let simmer for 20-30 minutes.

3. Place remaining tomato sauce in saucerpan, add ½ teaspoon garlic salt, oregano, salt and pepper and simmer about 30 minutes. Add small amounts of water if sauce becomes too thick.

4. Cook spaghetti according to directions on box but do not over-cook.

5. Drain well and place half of spaghetti in 8 x 14 glass baking dish.

6. Put half of the meat on the spaghetti, pour half of the sauce over it and sprinkle cheese on it. Repeat with the other half of the ingredients.

7. Cover dish with aluminum foil, place in 350° oven for one hour.

NOTE: Uncover and leave in oven for 10 minutes if crispier spaghetti is desired.

TURKISH PILAF

1 cup rice	salt
4 tablespoons butter	pepper
3 cups chicken broth	1 teaspoon cinnamon (optional)

1. Melt butter in frying pan.

2. Add rice and keep mixing until golden brown.

3. Place chicken broth, seasonings and rice in a covered casserole and place in a pre-heated 350° oven until tender.

ORZO WITH TOMATO SAUCE

(Manestra)

1 onion, chopped fine	1 cup water
½ cup butter	1 cup orzo (manestra)
1 can tomato sauce	

1. Melt butter in a saucerpan, add onion and saute until tender.

2. Add tomato sauce, water and heat until it comes to a boil.

3. Add orzo and cook until tender.

NOTE: If it starts to thicken, add a little more boiling water.

TOMATO PILAF

1 pound long grain rice	4 ounces butter
2 pints meat stock	salt and pepper
4 tomatoes, peeled, quartered	sugar to taste (optional)
2 tablespoons tomato paste	

1. Heat butter in pan and brown rice.
2. Add tomatoes and simmer for 10 minutes.
3. Dilute tomato paste with stock, add salt, pepper, sugar and pour this into pan.
4. Bring to a boil, cover and reduce heat to simmer.
5. Continue cooking until rice is tender.

MACARONI WITH BROWNED BUTTER AND CHEESE

1½ pounds macaroni	1½ pounds butter
3 quarts boiling water	1 cup grated cheese
1 tablespoon salt	

1. Place macaroni in 3 quarts of rapidly boiling water, add salt, and allow to boil about 9 to 12 minutes according to tenderness desired.
2. Drain macaroni thoroughly in a colander and add the butter which has been melted and allowed to turn a little brown.
3. Sprinkle cheese as desired.

Instructions—Use 4 quart pot. Serves 6.

WHITE RICE PILAF

1 pound long grain rice	6 cups chicken broth (or other meat broth)
¼ pound butter	½ tablespoon salt

1. Wash rice in cold water and strain.
2. Brown butter in saucepan.
3. Add strained rice and stir continuously until each kernel stands alone.
4. Boil broth and add to rice slowly.
5. Stir until mixed well, then lower flame.
6. Add salt and cover. Steam until tender.
7. Turn off flame and place a tea towel over pot with lid on top of towel.
8. It is now ready to serve with yogurt or gravy.
9. Serves 10.

NOTE: For 1 cup rice use 2 cups water or broth.

RICE
(Pilaf)

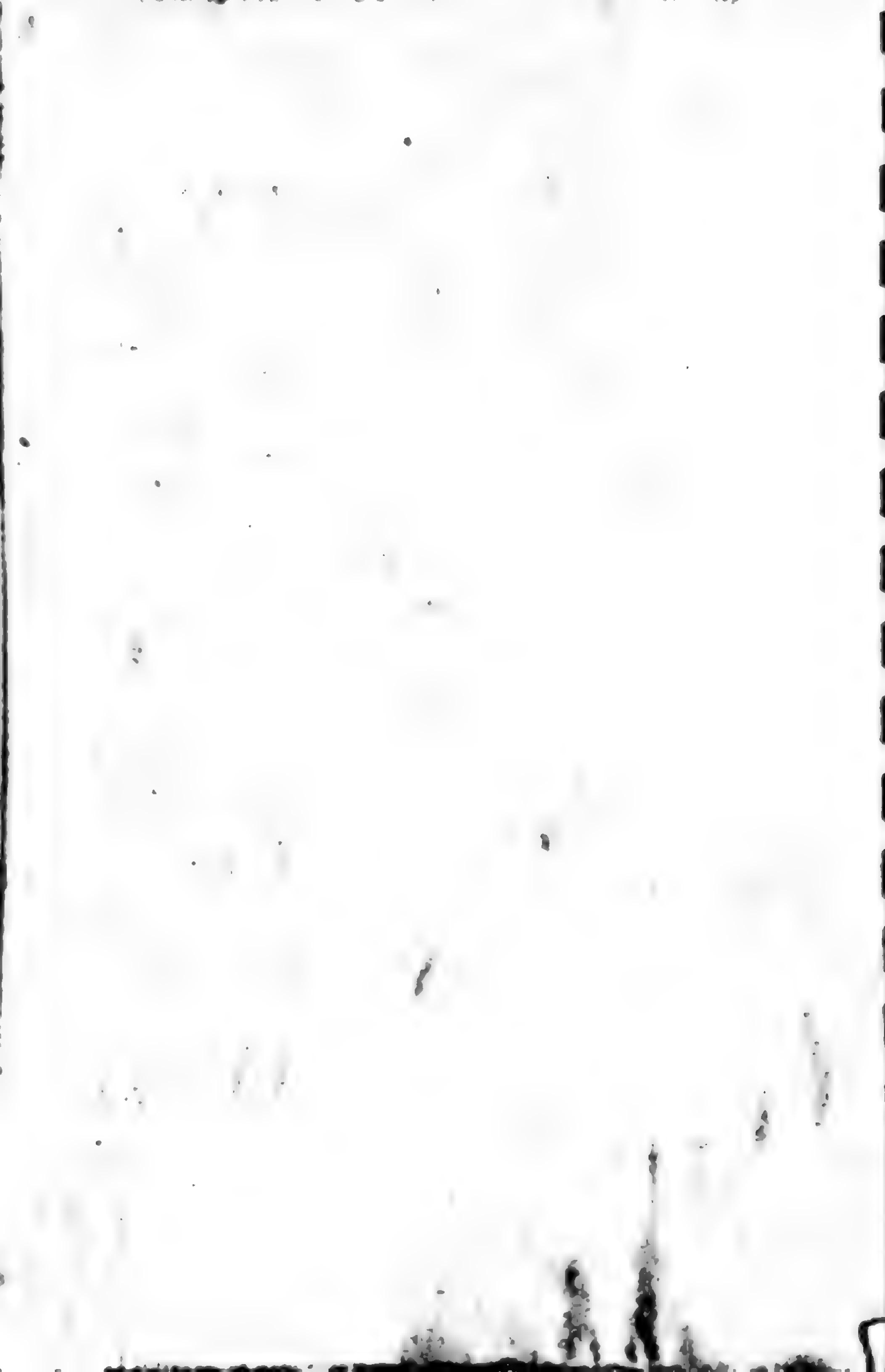
2 cups water	or stock may be used)
2 chicken bouillon cubes	1 cup rice
(in place of water and	$\frac{1}{2}$ lb. butter
cubes, 2 cups chicken broth	

1. Bring 2 cups chicken stock and $\frac{1}{2}$ lb. of the butter to boiling point. Add rice.
2. Cover and simmer over low flame about 30 minutes. DO NOT UNCOVER.
3. Brown remaining $\frac{1}{2}$ lb. butter and stir into cooked rice. Remove from flame. Let stand 5 to 10 minutes and then serve.

SYRIAN PILAF

2 tablespoons clarified butter	$\frac{1}{2}$ cup pineolia nuts, heated in 2 tablespoons butter
$\frac{1}{2}$ cup vermicelli	water to cover
1 cup rice	
salt	

1. Clarify butter by melting over low heat. Let stand until sediment falls to bottom of pot.
2. Use only clear butter that rises to top. Brown uncooked vermicelli in butter in bottom of deep pot.
3. Soak rice in very hot water for a few minutes, then rinse in cold water and drain.
4. Put rice on top of browned vermicelli in pot. Salt to taste, and add sufficient water to cover surface of rice to the depth of 2 inches. Cover tightly. Cook, over low heat until water is absorbed about 15 minutes.
5. Sprinkle sauteed pineolia nuts over rice before serving. Serve with Shish Kebab or any lamb dish.



PITES



Filo (pastry sheets) can be purchased by the pound in Greek grocery stores. Any of the fillings in this section can be used for pites, either with homemade dough or purchased filo.

RULES FOR PREPARING HOMEMADE PASTRY SHEETS

4 cups flour
 $\frac{1}{2}$ stick melted butter
 (4 tablespoons)
 $1\frac{1}{2}$ cups water

1 tablespoon salt
 3 tablespoons olive oil
 4 tablespoons melted crisco

1. Rolling pin 1 yard long 1 inch in diameter. (A dowel).
2. Use olive oil on hands when kneading dough.
3. Do not use too much oil as it prevents dough from getting thin.
4. Keep dough covered at all times.
5. Always prepare dough the night before using.
6. Use cornstarch when rolling dough.

Spread cornstarch on board and rolling pin. Take a piece of dough the size of an orange and place on cornstarch. Flatten with hands, place a little bit of cornstarch on top and start rolling flat until dough becomes paper-thin like streudel pastry. Yield: Enough for 1 pita.

SPINACH PIE WITH BISQUICK TOPPING *(Spanakopita Americana)*

2-10 oz. packages frozen
 spinach
 2 bunches scallions
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{2}$ cup rice
 1 cup water
 $\frac{1}{2}$ tsp. salt

1 lb. feta cheese (crumbled)
 1-8 oz. cream cheese
 12 oz. cottage cheese
 6 eggs
 1 tsp. dill
 1 tsp. salt

Let spinach thaw in large strainer. Cook rice in water with $\frac{1}{2}$ tsp. salt. Chop scallions and brown in olive oil. Mix all ingredients together.

BISQUICK TOPPING

2 cups bisquick
 2 eggs
 $\frac{1}{2}$ cup grated cheese

$1\frac{1}{2}$ cup milk
 1 tbsp. olive oil

1. This will make a thin batter.

2. Grease 9 x 13 pan. Pour 1/3 batter in bottom of pan. Pour spinach mixture over this batter and top with remaining batter.

3. Bake 375° oven, 50-60 minutes.

SPINACH PIE

(Spanakopita)

2 pounds spinach (finely chopped)	1 pound feta cheese (finely crumbled)
2 onions (if spring onions are available add a few) (finely chopped)	salt and pepper to taste 1 tablespoon dry mint or several sprigs of fresh mint
8 eggs (slightly beaten)	1 1/4 cups olive oil Filo (see recipe for filo below)

1. Wash spinach thoroughly. It is very important that spinach be left to drain completely either overnight or for several hours.

2. After spinach is dry, cut up finely, add the finely chopped onions, mint, eggs, cheese, 1 1/4 cups olive oil, salt and pepper to taste and mix thoroughly.

3. In 10" x 16" well-greased pan line rolled out filo of half recipe (see below) brushing with melted butter and crisco over each layer before other layer is placed on top.

4. Place spinach mixture over first layers of filo and then cover with remaining half of dough which has been rolled out, brushing after each layer with melted butter and crisco.

5. Trim edges of filo and cut Spanakopita into square shaped or diamond shaped pieces before baking in a 350° or 400° oven for about 1 hour or more until done.

Filo:

1 cup flour
1/2 stick or more melted
butter
1 tablespoon salt

1 1/2 cups water
3 tablespoons olive oil
4 heaping tablespoons melted
crico

1. Gradually add the 1 1/2 cups water to flour and salt, mixing thoroughly and kneading.

2. After dough is well kneaded, add 3 tablespoons olive oil and knead again slightly.

3. Cover dough with damp cloth and let stand for two hours.

4. Divide dough for top layer and for bottom layer.

5. Roll dough out with long narrow rolling pin adding cornstarch occasionally while rolling out.

6. After dough gets almost fine enough, stretch further by hand and cut into pieces the size of the pan and place about six layers or less on bottom of well greased pan, brushing each layer with the melted butter and crisco.

7. Continue as per numbers 4 and 5 above.

SPINACH PIE*(Spanakopita)*

**2 lbs. spinach
1 lb. cheese (feta)
6 eggs
1 lb. filo (purchased)
½ lb. butter**

**1 bunch anitho (dill)
3 bunch fresh onions
pepper
1 lb. butter for filo**

1. Wash spinach thoroughly, cut in pieces and let drain well. Chop onions and anitho.
2. Crumble the cheese and mix with the melted butter, pepper, beaten eggs, and the spinach, anitho and fresh onions
3. Butter 15" x 11" x 2½" pan and place half of the filo on the bottom of pan, buttering each filo. Pour spinach mixture on top, cover with the rest of the filo.
4. Bake in 350° oven, one hour.

CHICKEN PIE*(Kotopita)*

**3 pounds chicken
5 pounds onions**

**2 cups rice
½ pound butter**

1. Wash and boil chicken in 2 quarts water until it is tender.
2. Cut onions fine and place them in separate sauce pan with a little broth from the chicken and butter. Cook until the onions are tender.
3. Add rice to onions and cook until rice is tender.
4. Cut up the cooked chicken and reserve it for the top of the pita.

Filo:

**6 cups flour
½ cup olive oil**

3 cups cold water

1. Mix the ingredients together.
2. Knead for ½ hour until dough is soft.
3. Allow it to rise for about one hour.
4. Divide the dough into 6 equal pieces.

5. Roll the dough, using cornstarch so it won't stick, using a 13 x 17 heavy aluminum baking sheet, making the dough a little larger than the pan.

6. Spread 6 sheets of dough on the pan, dotting each sheet with butter and placing one sheet on top of other.

7. Spread the filling on top of the sixth sheet, then cut chicken in small pieces and put on top of the filling.

8. Flute the ends of the pastry as you would a pie, so that the juices won't escape.

9. Bake in pre-heated 350° oven 50 to 60 minutes until the pita is done.

10. Cut in desired shapes. Yield: 20 servings.

MEAT PIE (Krolopita)

1 lb. filo
3 lb. hamburger
1 lb. Kefalotiri cheese
4 eggs
2 onions

1 cup rice
1/2 lb. butter
tomato paste
salt and pepper

1. Grate onions and fry in pan with butter.
2. Add hamburger and stir until brown.
3. Add rice and stir until thick.
4. Add tomato paste mixed with one cup water and stir until water has been absorbed.
5. Remove pan from heat, cover until cool.
6. Stir in the grated cheese.
7. Beat eggs well and add to mixture stirring well.
8. Divide filo in half. Place one sheet of filo at a time using 10" x 15" pan, buttering each as you do so until you use up $\frac{1}{2}$ of the filo.
9. Pour hamburger mixture on top.
10. Place remaining filo on top, buttering each filo.
11. Cut in small squares and bake in 350° oven.

NOTE: When done, cover with waxpaper and towel until ready to serve.

SQUASH PIE (Kolokithopita)

3 squash, zucchini or summer variety
3 tablespoons dill
3 tablespoons fresh mint
1 carton cottage cheese (1 pound)
1 small package cream cheese

1/2 teaspoon black pepper
1/2 cup feta cheese (crumbled)
3 tablespoons grated cheese (Parmesan or Kefalotiri)
1 large onion, chopped fine
6 beaten eggs
1/2 pound melted margarine

1. Chop dill and mint fine.
2. Peel squash, grate and squeeze for all moisture to leave.
3. Mix all ingredients with squash.
4. Rub a 13 x 7 pan with butter.
5. Pour cracker meal and flour over it for a $\frac{1}{4}$ inch crust.
6. Add the mixed ingredients.
7. Sprinkle cracker meal and flour over this.
8. Add 1 beaten egg with 3 tablespoons milk and dot with butter.
9. Cook in a pre-heated 350° oven until brown.

FRIED CHEESE PIES (Koltsounakia)

1 recipe homemade filo or 1 pound purchased filo 1 pound feta cheese (crumbled) 1 pound fresh ricotta cheese or	1 pound fresh mozzarella 1/2 pound cream cheese 4 eggs
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1. Mix cheeses and eggs and set aside.
 2. Prepare filo. When rolled out in circles, use small saucer and cut around it.
 3. Place a tablespoon of cheese in the center and fold, use a little water on fingers to seal edges.
 4. Fry in a small amount of butter with a little bit of corn oil on medium heat until lightly browned.
 5. Serve plain or sprinkled with a little sugar.
- NOTE: This recipe is best when made with homemade filo.

CHEESE PITA (Tiropita)

1 pound filo 1 pound feta cheese 1 pound cream cheese	1 pound cottage cheese 6 eggs 1/2 pound butter
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1. Crumble feta cheese first, add cream and cottage cheese.
2. Beat eggs and add to cheeses and beat until smooth.
3. Cut one sheet of filo in half, about 8 x 10 inches, spread it with butter.
4. Put one tablespoon of the cheese filling in the center of the sheet, fold in triangle shape, tucking all the ends in.
5. Place in a greased baking sheet 13 x 17 and brush each with melted butter.
6. Bake in a pre-heated 350° oven. Yield 40-50 pieces.

LEEK PIE

6 leeks salt and pepper 2 bunches scallions 1/2 pound feta cheese a lump of butter	1/2 pound cream cheese 1 pound cottage cheese 6 beaten eggs 12 sheets filo
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1. Chop leeks fine and put in pan with a little water, salt and pepper and cook until tender.
2. Chop scallions and brown in butter, then add them to the leeks. Make sure that all water has been absorbed. Allow to cool.
3. Add remaining ingredients and mix well.
4. Butter a 10 x 16 baking pan.
5. Place 6 buttered pastry sheets on the bottom, add the filling and place 6 buttered pastry sheets on top. Brush top with butter.
6. Bake in a pre-heated 350° oven about 45 minutes.

ONION PIE (Kremethopita)

6 large onions
1 bunch spring onions
1 pound cottage cheese
1 cup feta, crumbled or
1 cup grated cheese
 $\frac{1}{4}$ cup butter

5 eggs
1 tablespoon minute rice
1 tablespoon salt
 $\frac{1}{2}$ teaspoon pepper
enough crust for 2 crust pies

1. Sauté onion in butter until soft.
2. Add the rest of the ingredients to cooled onions.
3. Line a 13 x 9 pan with crust. Pour mixture into this, then add top crust.
4. Beat 2 eggs, add 2 tablespoons milk and 1 tablespoon oil and pour this over the crust.
5. Cut the pita into desired shapes and bake in a pre-heated 350° oven for $\frac{1}{2}$ hour or until the crust is brown.

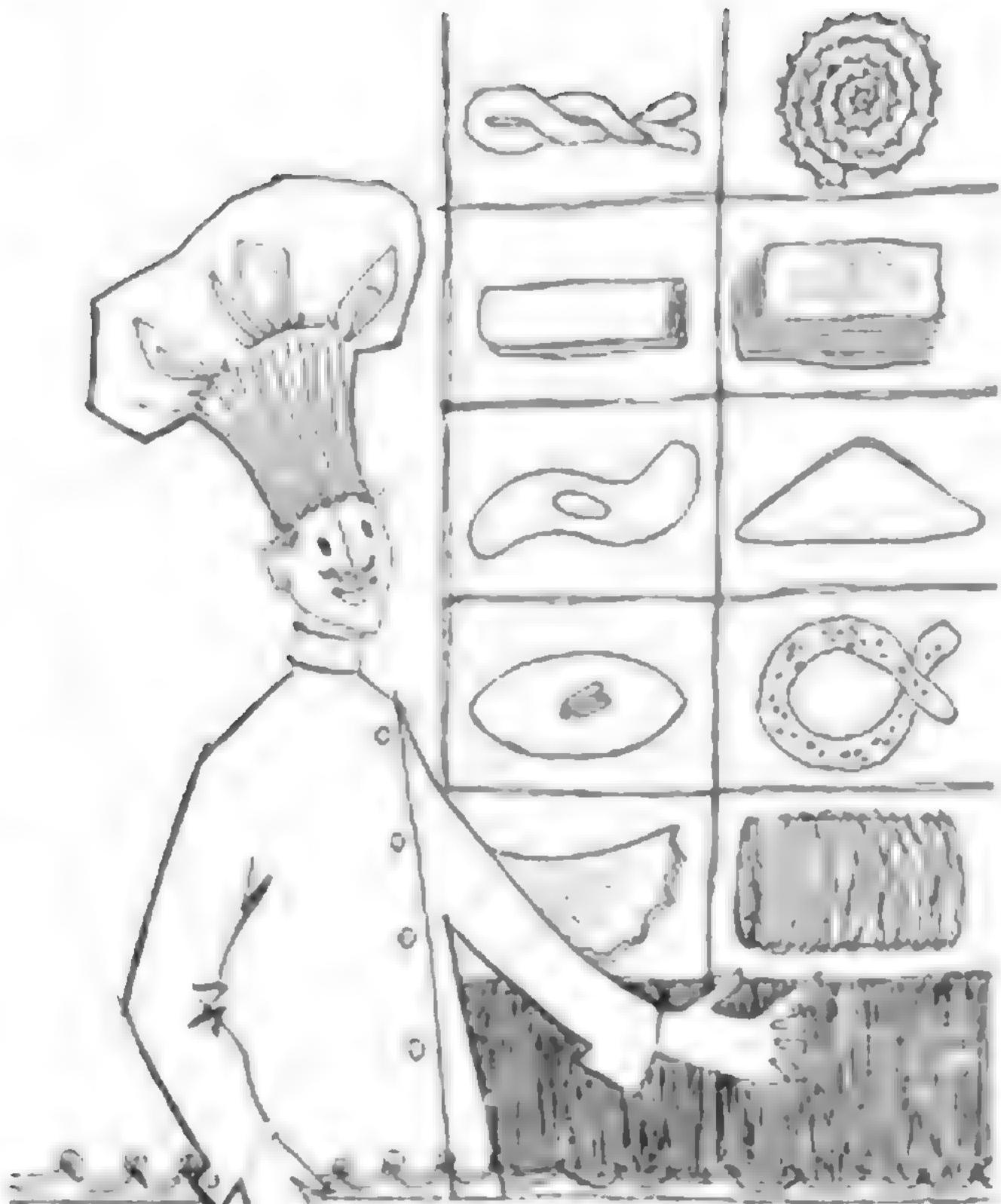
RICE PITA

1 cup rice
2 cups water
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
2 bunches chopped scallions
a little crushed mint

$\frac{1}{2}$ pound butter
12 ounces cottage cheese
8 ounces cream cheese
1 pound crumbled feta cheese
6 eggs
12 sheets filo

1. Add rice to boiling salted water. Cook until water evaporates.
2. Brown scallions in butter and add to rice.
3. When rice cooks, add remaining ingredients.
4. Prepare your own dough or use ready-made filo.
5. Brush a 9 x 13 pan with butter then place 6 buttered sheets of filo.
6. Add the rice filling and top with 6 more sheets of buttered filo.
7. Bake in a pre-heated 350° oven for 1 hour.





PASTRIES

SWEET NUT SQUARES

(Baklava)

1 pound filo
 4 $\frac{1}{2}$ pounds melted sweet butter
 1 pound ground almonds
 1 pound ground walnuts
 1 $\frac{1}{2}$ cup Zwieback, crushed fine
 (about 6 pieces)

1 teaspoon cinnamon
 1 $\frac{1}{2}$ cup sugar
 dash of allspice
 dash of nutmeg

1. Place almonds, walnuts, sugar, zwieback and spices in a bowl.
2. In buttered 13" x 15" pan add filo brushed with butter, sheet by sheet until you have 4-6 sheets, then a layer of nut mixture.
3. Alternate ending with filo on top.
4. Butter each filo well.
5. Cut in diamond or square shapes before baking.
6. Bake slowly in 300° oven about 2 hours.
7. When golden brown, remove from oven and pour following syrup while hot.

NOTE: You may use all walnuts instead of almonds and walnuts.

SYRUP

1 c. water

2 cups water
 3 cups sugar

juice of 1 $\frac{1}{2}$ lemon
 1 cinnamon stick

1. Add sugar and water in saucepan. When it begins to boil add cinnamon stick and lemon juice.

2. Boil 10 minutes. Pour hot over hot baklava.

SWEET NUT SQUARES

(Baklava - The Greek Way)

Part I

Home made filo

2 cups enriched flour
 2 eggs beaten
 melted sweet butter

1 $\frac{1}{2}$ teaspoon salt
 6-7 tablespoons cold water

1. Place flour on baking board or in a bowl.
2. Make a well in the center; add salt to slightly beaten eggs and mix into the flour.
3. Add sufficient cold water to help湿润 the flour and knead to a firm dough.
4. Dip hands into melted butter and work the dough for a few minutes.
5. Cut the dough into 30 small pieces.
6. Roll each piece as flat and as thin as possible; keep the shape of the filo round. These should be thin and transparent.
7. As the sheets are rolled out, place them in a 10" x 7" or 8" x 8" pan which has been greased with butter.

FILLING

Part II

*Flour, in 2
2 Tsp. Cinnamon*

2 cups mixed nuts chopped
or grated
1 cup melted butter

1/2 teaspoon cinnamon
1/2 teaspoon cloves

1. Put 2 layers of filo on bottom, pour hot melted butter over each filo.

2. Sprinkle the mixed filling over this, then put 2 more sheets of buttered filo repeating the process until all the filling is used, ending with filo on top.

3. Pour hot melted butter over the last filo. Cut the baklava before baking, and stick a whole clove in the middle of all pieces.

4. Make a syrup of a small jar of honey diluted with water and boiled for 1 minute.

5. Pour over the baklava while the pastry is hot. Let stand overnight.

BAKLAVA

2 pounds filo
4 pounds chopped nuts

1 teaspoon cinnamon
1 1/2 pounds sweet butter, melted

1. Butter a 12" x 17" pan lightly.

2. Cut filo the size of the pan. Place filo on the bottom; brush each sheet lightly with the melted butter until you have used 5 sheets of filo.

3. Add a layer of nuts mixed with the cinnamon.

4. Continue with the buttered filo until you have added 5 sheets.

5. Add nuts and top with filo until nuts and filo have been used ending with a top layer of filo.

6. Do not allow filo to dry because it will break apart.

7. Cut through the filo with a sharp knife to make diamond shaped pieces about 1 1/2 inches.

8. Bake in a pre-heated 325° oven for 2 hours. Place oven rack in center of oven. When baklava is baked take out of the oven and add hot syrup spooning it on slowly.

9. Let stand several hours before serving.

SYRUP

7 cups sugar
3 cups water

1/2 lemon, juice of
1 stick cinnamon

Boil all ingredients together for about 15 minutes.

BAKLAVA ROLLS

2 lbs. walnuts, shelled and finely chopped
2 oranges, rind of
2 tbsps. cinnamon
2 tbsps. nutmeg

8 pieces of Zwieback, finely crumbled
1 lb. melted butter
2 lbs. filo

1. Mix first five ingredients and set aside.
2. Place 1 filo sheet on table; brush lightly with melted butter.
3. Spread walnut mixture to lightly cover the entire sheet.
4. Place 3 filo sheets, each lightly brushed with butter, over the first spread of walnut mixture.
5. Then spread 2nd layer of walnut mixture on top of the 3rd filo sheet, in step #4.
6. This completes the spreading of the filo, walnut mixture, etc.
7. Roll lengthwise, from one end to the other, tightly to secure.
8. With sharp knife, cut the roll diagonally into 3 inch pieces.
9. Place in rows, close together so that each piece fits one against the other, in lightly buttered 12" x 18" pan.
10. Continue again starting with step #2, and repeat until all of the filo and, or mixture has been used.
11. When baking pan is completely filled, pour 1 1/2 tbsps. of melted butter (or more) on each piece, so that butter runs from the top down, instead of completely on the bottom.
12. Bake in oven 350° F. for 1 1/2 hour or until color of filo turns crisp-looking.
13. Remove from oven and while hot, pour 1 tbsp. or more of the syrup mixture over each piece; if pieces are tightly packed in the baking pan, then you may pour the syrup mixture over the entire pan.
14. Then immediately cover with aluminum foil. This allows the mixture to stay soaked in the pieces of baklava instead of settling to the bottom of the pan.

SIRUP

2 lbs. sugar
2 cups water

peel of 1 orange

Boil the three ingredients together for about 10 minutes and pour over baklava as in step #13.

FRUIT & ALMOND ROLL
(Glacee)

1 lb. filo
1 lb. sugar
6 eggs (separated)
Melted butter in order to brush and coat filo

2 drops of almond extract
1 1/2 lbs. cleaned almonds
1/2 cup dried fruits (as used in fruit cakes)

1. All ingredients should be mixed well together.
2. Select a single sheet of filo and coat generously with melted butter.
3. Place mixture on filo and roll. Baking pan may be filled with these rolls.
4. Bake at 350° for 30 minutes or until browned. Syrup should be poured over pastry while still warm. Cut into pieces and serve.

SYRUP

2 cups sugar
2 cups water

juice of 1 $\frac{1}{2}$ lemon

Boil, let simmer 15 minutes.

NUT ROLLS
(Kahla Rolla)

Filling:

4 cups of finely chopped walnuts
2 tablespoons of cinnamon
1 jigger whiskey

1 $\frac{1}{2}$ cups sugar
2 cups Zwieback

Filo:

1 lb. of filo

$\frac{1}{2}$ pound butter

1. Mix filling ingredients together.
2. Cut each sheet of filo into 4 pieces, brush with melted butter.
3. Take 1 tablespoon of filling and wrap with filo into shape of a cigar. Place on greased cookie sheet.
4. Bake at 400° for about 20 minutes or until light brown. Makes 8½ dozen.

BAKLAVA ROLLS
(Saragli)

2 lbs. filo
1 lb. butter
1 cup of sugar

2 teaspoons cinnamon
1 lb. coarsely chopped walnuts

1. Mix all dry ingredients together well in bowl until blended.
2. Melt butter and use to brush every sheet of filo using 5 sheets. Sprinkle mixture over entire area and roll filo lengthwise. Brush top with melted butter.
3. Slice into serving pieces about 1 inch wide and place mixture side up in greased baking sheet. Bake in pre-heated oven for 30 minutes at 300°.

SYRUP

3 cups sugar
1 $\frac{1}{2}$ cups of water

1 cup of honey

1. Combine sugar and water and allow to cook until it bubbles.
2. Remove from heat and add honey and allow to cool.
3. Pour over cooled pastry.

WALNUT CAKE WITH RITZ CRACKERS (Kourithopita)

1 pound Ritz crackers crushed fine	1/2 pound butter
2 cups chopped walnuts	2 cups sugar
10 tablespoons milk	12 eggs
2 teaspoons cinnamon	6 teaspoons baking powder

1. Place crackers, walnuts, milk and cinnamon in one bowl.
2. Cream butter in an electric mixer.
3. Add sugar and blend well.
4. Add eggs and baking powder and blend.
5. Add ingredients from the first bowl and blend well.
6. Pour into greased 9" x 13" pan.
7. Bake in a pre-heated 350° oven for 50 minutes.

SYRUP

3 cups sugar	1 lemon peel
3 cups water	1 stick cinnamon

Cook for 20 minutes. Pour over cake as soon as it comes out of the oven. May be cut in diamond shape or squares.

WALNUT CAKE WITH CREAM TOPPING (Kourithopita Me Crema)

12 eggs, yolk and whites separated	1 cup ground walnuts
1 1/2 cups sugar	9 tablespoons cracker meal rind of 1 lemon

1. Beat egg whites until stiff.
2. Beat egg yolk, rest and the rest of the ingredients, mix well.
3. Fold white mixture into yolk mixture.
4. Place in a 9" x 13" greased pan.
5. Bake in a pre-heated 375° oven for 45 minutes.

CREAM TOPPING

6 egg whites	1/2 pound sweet butter
9 tablespoons sugar	1/2 cup chopped walnuts
5 tablespoons brewed coffee	

1. Beat egg whites until stiff.
2. Add sugar and coffee and cook over double boiler for about 15 minutes heating constantly. Cool.
3. Cream butter for about 20 minutes in an electric mixer.
4. Add egg white mixture gradually until it becomes a thick cream.
5. Spread cream over cooled cake and sprinkle with chopped walnuts.

WALNUT CAKE*(Karithopita)*

1 pound walnuts

1/2 cup cognac

10 eggs, separated

2 teaspoons vanilla

1 1/2 cups bread crumbs, toasted

1 cup sugar

4 teaspoons baking powder

1. Beat egg yolks, blend in sugar.

2. Add walnuts, bread crumbs, cognac and baking powder.

3. Beat egg whites until stiff and add to the yolk mixture.

4. Bake in a greased 18" x 10" x 2 1/2" pan in a pre-heated 350° oven for 30 minutes. Allow to cool before adding syrup.

SYRUP

2 cups sugar

3 cups water

Juice of 1/2 lemon

Boil syrup ingredients for 30 minutes. Pour hot syrup over cake.

WALNUT CAKE WITH ZWIEBACK*(Karithopita)*

2 cups ground walnuts

1/2 teaspoon vanilla

1/2 cup ground Zwieback

1 tablespoon whiskey

rind of 1 orange

1 tablespoon water

rind of 1 lemon

1/2 teaspoon cinnamon

9 eggs, separated

1/2 teaspoon cloves

1/2 cup sugar

1 1/2 teaspoons baking powder

1. Beat egg yolks until light in color.

2. Add sugar, vanilla, whiskey, water, cinnamon, cloves, baking powder, nuts, Zwieback, orange rind and lemon.

3. Beat egg whites until stiff. Fold into above mixture. Beat well.

4. Pour into a buttered 13" x 9" x 2" baking pan.

5. Bake in a pre-heated 350° oven for 30 to 45 minutes. Test with toothpick.

6. Cool and pour the following syrup over it.

SYRUP

2 cups sugar

Juice of 1/2 lemon

1 1/2 cups water

Cook slowly for 20 minutes and pour over cooled cake.

WALNUT CAKE SUPREME

1/2 pound butter

1 cup warm milk

1 cup sugar

2 cups flour or enough to make
soft dough

5 eggs

2 teaspoons baking powder

1. Cream butter and sugar.

2. Mix in flour and milk alternately. Dough should be soft.

3. Grease a 13" x 9" pan and spread 3/4 of the dough on the bottom.

TOPPING

2 pounds walnuts, ground fine	1 teaspoon almond flavor
1 cup milk	1 1/2 cups sugar
3 eggs	Juice from a 4 oz. jar
2 cups ground Zwieback	of maraschino cherries

1. Mix all the ingredients together.
2. Place on top of the dough.
3. Roll remaining dough into long thin strips and put in lattice design on top of cake.
4. In each section formed by lattice design place half of a cherry.
5. Bake in a pre-heated 350° oven.
6. When cake is baked, cool and pour hot syrup over it.

SYRUP

4 cups sugar	Juice of 1/2 lemon
4 cups water	

Cook slowly for 20 minutes and pour over cooled cake.

WALNUT HONEY CAKE (Karithopeta)

6 eggs separated	2 cups chopped walnuts
3 cups flour	1 cup butter
1 1/2 cups sugar	3 teaspoons baking powder
2 teaspoons cinnamon	

1. Soften butter at room temperature (do not melt over heat). Blend butter with sugar.
2. Beat whites of eggs until stiff.
3. Add beaten egg yolks to butter and sugar, mix in dry ingredients and blend well. Pour in meringue and mix. Grease 13" x 9" pan and bake at 400° F. for 25-30 minutes.
4. Pour syrup, made of 2 cups sugar and 2 cups of water brought to a boil, when pastry has cooled.

HONEY PUFFS WITH YOGURT (Loukoumades Me Yaourt)

1 cup yogurt	1 teaspoon salt
1 1/2 cups flour	1 teaspoon baking powder
2 eggs	Kraft light oil for frying
3 tablespoons butter (melted)	honey for topping
1 teaspoon baking powder	walnuts for topping

1. Mix the two beaten eggs with the yogurt.
2. Add flour and remaining ingredients. Mix together, if not thick enough add more flour.
3. Bring oil to boil in a deep pan, drop batter in small spoonfuls.
4. Fry until golden brown, remove and drain.
5. Coat the puffs with honey and walnuts.

HONEY PUFFS*(Lautnemarla)*

1 quart hot water
1 heaping tablespoon crisco
2 beaten eggs
1 heaping tablespoon sugar

2 caken yeast dissolved in
 $\frac{1}{2}$ cup warm water
1 teaspoon vanilla
1 teaspoon salt
 $\frac{3}{4}$ cups flour

1. Mix all ingredients except flour together and beat with palm of hand until small bubbles are formed.
2. Gradually add flour until a homogeneous dough is formed.
3. Cover well and let rise about 3 hours.
4. Beat well, cover again, and let rise for 1 hour.
5. Beat again slightly.
6. Use a 2 quart saucepan and fill it $\frac{1}{2}$, full with vegetable oil. Bring the oil to boiling point.
7. Drop 1 tablespoon of batter into the oil.
8. Dip spoon in oil before you scoop up more batter so it won't stick.
9. Keep turning balls until they are golden brown. Drain.
10. Top with honey and sprinkle with cinnamon or nutmeg powder.

CUSTARD CAKE*(Galatobourito)*

1 lb. filo
1 lb. butter
2 qts. milk
1 cup sugar

4 tablespoons corn starch
12 eggs
2 cups cleaned and ground almonds

1. Heat milk to warm temperature, add corn starch. When thickened, add beaten eggs, remove from heat, continue stirring and gradually add almonds and sugar.
2. Grease 12" x 15" baking pan and line with 10 sheets of filo. Brush every two sheets with melted butter. Pour mixture and cover with 14 more sheets of filo. Continue to brush every second sheet with butter.
3. Bake in 350 degree oven for approximately 45 minutes or until filo turns golden brown.

SYRUP

3 cups of honey
 $\frac{1}{4}$ cup of water

1 cinnamon stick

Bring mixture to a boil and allow to cool; pour over warm pastry and cut into serving pieces.

MILK PIE (Galatobouriko)

1 lb. filo
1 quart milk
6 eggs

1/2 cup farina
1/2 cup sugar
1 lb. butter (melted)

1. Heat milk, add farina.
2. Whip eggs and sugar together. Add slowly to milk and farina and cook until thick. Remove from burner and cool.
3. Butter 9" x 14" pan. Place first sheet of filo in pan and brush with melted butter. Prepare half of the filo in this manner.
4. Pour farina mixture over filo. Cover with remaining filo—brushing each sheet with butter.
5. With sharp knife, mark off diagonal serving pieces.
6. Bake in moderate oven 350° for 30-40 minutes. When ready, cut as marked off and add lukewarm syrup.

SYRUP

2 cups sugar
1 cup water

few drops lemon juice

Boil together for 20 minutes.

HONEY CURLS

Diples #1

12 eggs
1/2 lb. butter
1 cup whiskey

1 grated orange peel
10 cups flour
Wesson oil for frying

1. Beat eggs until fluffy, add butter, cream, whiskey, and orange peel until all mixed together.
2. Then slowly add 10 cups flour.
3. Knead dough on flour until smooth; add some olive oil on dough so it will not become dry.
4. After 30 minutes roll into one or two sheets until it becomes quite thin, then cut it into strips.
5. Fry in hot Wesson oil forming a barrel or cylinder as it fries. Fry until light brown. Drain on paper.
6. Add on syrup and nuts. Yield: about 100.

SYRUP

3 cups water
3 cups sugar
1 cup honey

Juice of 1 lemon
1 cinnamon stick

Diplos #2

3 eggs
juice of 1 orange
1 tablespoon melted butter

$\frac{1}{2}$ teaspoon baking powder
2 cups flour

1. Beat eggs.

2. Put flour and baking powder in bowl. Add butter and eggs. Add orange juice.

3. Roll small piece of dough at a time and fry it in hot oil, twisting the dough with a spoon as it fries.

4. Pour honey and ground nuts over them.

Diplos #3

6 eggs
 $\frac{1}{2}$ teaspoon baking powder
 $1\frac{1}{2}$ lb. sifted flour

$\frac{1}{2}$ pound butter
oil for frying
honey

1. Beat eggs and gradually add dry ingredients, knead until creamy.

2. Separate dough into two parts, roll dough out on floured table until thin.

3. Cut dough into about 30 squares. Fry each square separately in cooking oil.

4. After they are fried, pour warmed honey over pastry and sprinkle with cinnamon or crushed nuts.

SHREDDED WHEAT SQUARES

(Kolache)

1 box Shredded Wheat
(medium size 15 to a box)
2 cups chopped walnuts
1 teaspoon cinnamon

1 pound sweet butter
milk, as much as is necessary to
moisten the wheat

1. Take the shredded wheat, and with a sharp knife split each piece in half. Quickly dip each bottom half in the milk, don't let it absorb too much as it will make the wheat too moist. Place these on a greased 8 by 12 pan.

2. To this bottom layer add your walnuts which have been mixed with the cinnamon. Then take the top half of the shredded wheat, dip those quickly in the milk and cover the bottom layers.

3. Add the melted butter making sure that each piece receives a liberal amount. Bake in a 300° oven for 30 to 45 minutes, making sure that they don't get too brown. Remove from the oven and let cool.

SYRUP

2 cups sugar
1 cup water

juice of $\frac{1}{2}$ lemon

Cook the syrup slowly, about 10 minutes. Let the syrup cool and add to the cooled pastry. Sometimes the syrup settles to the bottom so make sure that you spoon it up and湿润 the top.

BUTTERMILK PUFFS

2 cups sifted flour
 $\frac{1}{4}$ cup sugar
 1 teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
 1 teaspoon baking powder

$\frac{1}{4}$ cup buttermilk
 $\frac{1}{4}$ cup cooking oil
 1 whole egg
 oil for deep frying

1. Sift dry ingredients together.
2. Stir in buttermilk, oil and egg with fork. Beat until smooth.
3. Drop with teaspoon into hot (375°) frying oil. A tiny puff will surface. Gently turn it until it becomes golden brown (about 3 minutes).
4. Drain on absorbent paper.
5. Roll warm puffs in different toppings.

TOPPINGS

coconut
 ground nuts and syrup

confectioner's sugar
 chocolate bits or syrup

FARINA PASTRY ROLLS

(Galatobouriko Me Filo)

1 pound filo
 6 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup farina

1 teaspoon vanilla
 1 pound butter, melted
 1 quart milk

1. Bring the milk to a boil and remove from heat to cool.
2. Beat eggs gradually adding sugar.
3. Add vanilla to egg mixture and half of the farina, slowly blend $\frac{1}{2}$ of the amount of milk stirring constantly.
4. Add remaining farina and milk and cook over low heat, until mixture becomes thick. Remove from heat and add 1 tablespoon butter.
5. Allow this mixture to cool, stirring occasionally.
6. Cut pastry sheets in half; using half a pastry sheet, fold in half, making a small square. Brush each piece of the square with melted butter and put 1 tablespoon mixture in the corner of each square.
7. Roll half way, turning in corners, and continue rolling to form a pastry roll. Again brush each roll with melted butter.
8. Place rolls in 13" x 18" baking pan. Pour remaining butter over all farina rolls. Bake in 350° oven for one hour, or until golden brown.

SYRUP

3 cups sugar
 2 cups water

1 teaspoon lemon juice
 1 cinnamon stick (optional)

1. Boil sugar, water, lemon juice, and cinnamon stick until thickened.
2. Cool syrup and pour over pastry as soon as they are removed from the oven.

KATAIFFI

1 lb. fresh kataiffi
1 1/4 cup finely ground
walnuts
1 cup finely ground almonds

1/2 cup sugar
1 tsp. cinnamon
1/2 lb. melted sweet butter
1 cup hot milk

1. Grease a shallow pan and spread half of kataiffi.
2. Then blend nuts, sugar, and cinnamon.
3. Spread over kataiffi.
4. Pour half of the melted butter over this.
5. Cover with remaining kataiffi.
6. Pour the hot milk and the rest of the butter over this.
7. Cover with aluminum foil.
8. Bake at 350° for 35 minutes.
9. While still warm, pour 2 cups of syrup over the top.
10. Cover with towel and another pan and let stand until cool.

SYRUP

2 cups sugar
2 cups water

juice of 1 lemon

Boil all ingredients together for 5 minutes.

FARINA SQUARES #1
(Haleeh)

14 eggs
2 (12 ounce) boxes farina

2 cups sugar
1 teaspoon vanilla

1. Beat egg whites until stiff.
2. Beat egg yolks separately and add sugar
3. Add the meringue and the farina by spoonfuls into the egg yolk-sugar mixture.
4. Bake in a 350° pre-heated oven in a 13 1/2" x 9 1/2" pan for about 35 minutes or until it becomes brown.

SYRUP

4 cups sugar
3 cups water

juice of 1/2 lemon

1. Boil syrup ingredients about 15 minutes. Pour hot syrup over hot cake slowly.
2. Cut into squares or diamonds.

FARINA SQUARES #2 (Halvah)

2 cups buttermilk	3 heaping teaspoons baking powder
3 eggs	1/2 cup sugar
1/2 pound (1 stick) butter	1/2 teaspoon cinnamon
1 heaping tablespoon shortening	syrup
1 small box of farina	

1. Cream butter and shortening with mixer, then add sugar gradually.

2. Add the unbroken eggs one at a time and continue to blend with mixer.

3. Add the buttermilk, farina, baking powder and cinnamon and mix well after each addition.

4. Pour into a 9" x 13" pan which has been well greased and bake in a 350° or 400° oven for about 35 minutes or until done.

5. Cover immediately with syrup.

ALMOND CAKE (Kopenhagen)

6 eggs	1 cup butter
2 1/2 c. Zwieback finely crushed	2 tbsp. baking powder
1 cup sugar	1 tsp. grated lemon rind
1 cup flour	

Cream butter and add sugar, eggs, Zwieback, flour, baking powder, and lemon rind. Bake in 12" x 17" pan about 15 minutes in 350° oven. Cake should not be brown since it will be baked again with filling. Remove cake from pan. Let cool. Meanwhile, butter pan again and prepare filling.

FILLING:

12 eggs	1 jigger cognac
1 lb. blanched ground almonds	1 cup sugar
1 cup Zwieback	1 tsp. baking soda mixed with
2 tsp. baking powder	1 tbsp. lemon juice
	1 tsp. almond extract
	10 sheets filo

Mix egg yolks, sugar, almonds, zwieback, baking powder, cognac, soda, lemon juice and almond extract. Beat egg whites until stiff. Fold into above mixture. Place cake in pan. Pour filling over cake. Place filo over filling, buttering each filo. Cut filo only in diamond shapes. Bake in 350° oven about 1 hour.

SYRUP

10 cups sugar	1 lemon cut in half
8 cups water	

Cook syrup about 20 minutes. While hot pour on Kopenhugh as soon as it comes out of oven.

ALMOND CAKE

(Amigdalato)

16 eggs
1 cup sugar
1 teaspoon vanilla
3 cups almonds (blanched,
browned and ground)

1 cup toasted bread crumbs,
finely crushed
1 tablespoon grated orange
1 teaspoon baking powder
2 packages vanilla pudding

1. Beat egg whites until stiff.
2. Beat yolks, add sugar gradually until thick.
3. Add almonds, bread, baking powder, vanilla, orange.
4. Fold in egg whites.
5. Bake in ungreased 12" x 18" pan in 350° oven for 1 hour.
6. When cool, pour cooled syrup over cake.
7. Over this, spread cooled vanilla pudding made from package mix with slightly less milk ($3\frac{1}{2}$ cups) than directions call for.

SYRUP

3 cups sugar
 $1\frac{1}{2}$ cups water

juice of $\frac{1}{2}$ lemon

Boil ingredients for 7 or 8 minutes.

ALMOND SUGAR CAKE

(Roman)

12 eggs (separated)
1 lb. shelled, finely chopped
almonds

2 tablespoons sugar
2 teaspoons baking powder
 $1\frac{1}{2}$ cups farina

1. Beat egg whites until stiff and set aside.
2. Beat yolks until lemon colored. Add sugar and cream well.
3. Add farina, baking powder and almonds.
4. Fold egg whites into mixture.
5. Pour into 8" x 12" pan, bake at 350° for 45 minutes or until done.
6. Pour syrup when you remove cake from oven.

SYRUP

3 cups sugar
2 cups water

few drops lemon juice

Boil together for 10-12 minutes.

SPONGE CAKE*(Pan de spuma)*

1 doz. eggs
1 small box farina
1 cup sugar

1 tea. baking powder
1 tea. vanilla

Beat egg yolks with sugar until light. Add farina and baking powder. Mix well. Beat egg whites until stiff and fold into mixture. Add vanilla extract. Bake at 375° in 13" x 15" pan for 35 minutes. Cool cake and pour following hot syrup over it.

SYRUP

2½ cups sugar 2 qts. water

Boil one hour over low flame. Add a few cloves. Pour hot syrup on cold cake. Sprinkle with ground nuts.

CHERRY TOURTA

½ pound butter
½ pound margarine
1½ cups sugar
2 egg yolks
1 whole egg

½ teaspoon baking soda
½ jigger whiskey
5 cups flour, about
14 ounces cherry marmalade

1. Cream butter and sugar.
2. Add eggs.
3. Dissolve baking soda in whiskey and add to butter.
4. Add flour and mix. If batter sticks to side of pan, add more flour.
5. Take ¼ of batter and press in 13" x 9" pan.
6. Spread marmalade over batter.
7. Roll rest of batter into thin strips and criss cross over top.
8. Bake for 30 minutes at 350° oven, reduce heat to 325° and continue baking 10-15 minutes.

NOTE: In place of cherry you may use pineapple preserve and garnish each piece with a maraschino cherry.

BUTTERMILK CAKE WITH KREMA

1 cup butter
2 cups sugar
1 cup buttermilk
1 cup nuts coarsely ground
1 tea-spoon baking soda

2½ cups sifted cake flour
5 slightly beaten eggs
2 tea-spoons almond flavor
1 table-spoon baking powder

1. Cream butter and sugar until light and fluffy. Add eggs slowly.
2. Gradually add buttermilk and nuts.
3. Add almond flavor.
4. Add flour and baking powder and baking soda.
5. Bake in greased and floured oblong baking pan for 1½ hour at 350° oven or until lightly browned.

KREMA

1. Beat 6 egg whites in double boiler until stiff.
2. Add 9 tablespoons sugar slowly (1 cup and 1 tbsp).
3. Add 3 tablespoons brewed coffee slowly.
4. Add 1 teaspoon almond extract.
5. Beat 1/2 lb. sweet butter in mixer, when top mixture is cool add to butter.
6. Sprinkle with nuts.

YOGURT CAKE #1

1 cup yogurt	1 teaspoon baking soda
1 lb. confectioner's sugar	2 teaspoons baking powder
1 lb. flour	4 eggs
rind and juice of 1 lemon	

1. Beat sugar and yogurt together, then add eggs and beat a few minutes. Add lemon.
2. Mix in sifted flour, baking powder, and soda.
3. Grease 9" x 11" cake pan and pour in batter.
4. Bake at 375° oven for 45 minutes.
5. Remove cake from oven and pour hot syrup over it.

SYRUP

3 1/2 cups sugar	1 teaspoon vanilla
4 cups water	

YOGURT CAKE #2

1 cup yogurt	5 eggs (separated)
1 cup butter	lemon peel
2 cups sugar	1/2 cup almonds chopped
3 cups flour	(optional)
1 teaspoon baking soda	

- Turn oven to 350°.
1. Beat butter with sugar.
 2. Add egg yolks and beat well until fluffy.
 3. Beat whites until they form peaks.
 4. Add alternately whites, flour, baking powder and yogurt to egg yolks.
 5. Grease pan and dust with flour.
 6. Put in 13" x 9" x 2" pan.
 7. Bake 1 1/2 hour at 350° until golden brown.

RAISIN AND NUT CAKE

1 cup sugar	5 eggs
1 cup butter, melted	juice of 2 oranges
3 cups flour	2 tablespoons of baking powder
1 1/2 cups black raisins	grated rind from 2 oranges
1/2 cup walnuts (ground)	

1. Mix all ingredients with the melted butter.
2. Bake at 350° for 1 1/2 hour in a greased 7" x 14" pan.

COFFEE TORTE

6 eggs
1 cup sugar
2 cups sifted cake flour
3 teaspoons baking powder

1 tablespoon instant coffee
diluted in
1 cup warm water
2 cups ground pecans
(Save 1 cup for filling)

1. Beat egg yolks until lemon colored.
2. Add sugar and continue beating.
3. Add coffee, alternating with the flour and baking powder.
4. Fold in 1 cup ground pecans.

Beat egg whites until stiff and carefully fold into mixture. Pour batter into 8 inch greased cake pan and bake in 350° oven about 25 minutes. Turn out on rack and cool.

FILLING:

2 tablespoons instant coffee
diluted in
2 cups warm water
4 tablespoons flour

2 egg yolks
 $\frac{1}{2}$ lb. sweet butter
1 cup sugar

1. Combine coffee, flour, egg yolks in top of double boiler.
2. Cook stirring constantly until thick.
3. Remove from fire and continue stirring until cool so as not to form a crust on top.
4. In mixer, cream butter and sugar until light and fluffy. Into the mixture carefully add cooled coffee custard, blending thoroughly.
5. Spread this filling between the layers of the cake sprinkling a few chopped nuts each time.
6. Spread remaining filling on top and sides of cake. Sprinkle remaining nuts on top.
7. Refrigerate before serving.

DATE CAKE
(Koumaries)

$\frac{1}{2}$ pound butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
2 eggs
1 cup chopped walnuts

1 cup chopped dates
 $2\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups boiling water
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda

Mix sugar, butter, and eggs together then add water and remaining ingredients. Bake at 400° for 30 minutes in greased angel food pan.

CHOCOLATE TORTE

1 cup sweet butter
1 cup sugar
3 eggs

FILLING:

1 cup sugar
3 egg yolks
1 cup sweet butter

1 tablespoon rum
3½ cups sifted cake flour
½ teaspoon salt

1 teaspoon rum
1 bar German sweet chocolate

1. Cream butter well; add sugar and cream. Add the eggs one at a time and beat well.

2. After each addition, gradually add flour, which has been sifted with the salt, and beat.

3. Add the rum. Grease 8 inch layer pan and pour the batter into each pan.

4. Bake 15 to 20 minutes until nicely browned. Cool, remove carefully and spread filling between layer and over top and sides of torte.

Baking time and temperature: Pre-heated 350° oven 15 to 20 minutes.

FILLING: Cream sugar with egg yolk; gradually add butter creaming well. Slowly add chocolate and rum and cream until smooth. Chill in refrigerator until ready to spread on the cake.

BUTTER ALMOND TORTE

(Beurre-Amande Torte)

3 packages Lady Fingers
1 lb. sweet butter
4 egg yolks
½ cup strong coffee
1 cup sugar (powdered)

1 quart milk
1 jigger cherry liquor
1 cup sugar
½ lb. blanched almonds
(brown in butter)

TOPPING

Whip butter for 1½ hour or until creamy and white. Add 1 cup sugar and whip for another 1½ hour. Add egg yolks and beat well. Blend in coffee and liquor.

1. Separate lady fingers and place one at a time in bowl with milk and remaining sugar.

2. Do not soak them too much. Arrange one layer at a time in a 12" round platter.

3. Spread on topping thickly and sprinkle a few chopped almonds.

4. Add a second layer of lady fingers.

5. Add topping and almonds.

(You should get at least 3 layers.)

6. On final topping add a few whole almonds.

7. Place in refrigerator until topping has hardened.
(This makes about 12 servings)

NUT TORTE

12 oz. walnut meats ground fine	$1\frac{1}{2}$ cups sugar
12 oz. almonds ground fine	15 egg (separated) save 6 egg (save $\frac{1}{2}$ cup of nuts for icing) whites for icing
$\frac{1}{2}$ pkg. (1 $\frac{1}{2}$ cups) Zwieback finely ground	$\frac{1}{2}$ teaspoon cinnamon $\frac{1}{2}$ teaspoon salt 2 teaspoons baking powder
2 oz. liquor	

ICING:

6 egg whites	8 tablespoons sugar
5 tablespoons strong coffee (liquid)	$\frac{1}{2}$ lb. sweet butter

1. Mix walnut meats, almond meats, zwieback, cinnamon, salt, baking powder.
2. Beat egg yolks, add sugar and beat.
3. Add dry ingredients to egg yolk mixture and beat.
4. Add egg whites which have been beaten until stiff. Fold in egg whites well.
5. Pour into greased pan 13" x 9" which has been sprinkled with zwieback crumbs.
6. Bake at 325° for 45 minutes. Let cool.

ICING:

1. Beat egg whites until stiff, gradually adding sugar and coffee.
2. Place in double boiler and continue heating for 15 minutes. Allow to cool.
3. Heat butter for $\frac{1}{2}$ hour add egg white mixture and beat continuously until creamy and smooth.
4. Spread over cooled cake.

**FILLED PANCAKES - SYRIAN
(Atahaf)**

$1\frac{1}{2}$ cups pancake mix	butter for grill
$1\frac{1}{2}$ cups water	

FILLING No. 1

2 cups ground walnuts	
2 tablespoons sugar	

FILLING No. 2

	ricotta cheese - strained
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1. Grease grill or pan with butter. Pour batter into grill and make pancake patties. When the underside is brown, remove and place on a linen towel.
2. Place either filling in center of pancake and fold in half. Press edges to close them so that they look like a tart.
3. Fry in hot butter until golden brown on both sides. Remove from fire.
4. Make a syrup of 1 cup water and 1 cup sugar and pour over the tarts at the time of serving. Serves 4.

A SYRIAN SWEET-TREAT (Arwamat)

YEAST BREAD RECIPE:

1 cake yeast	2 tablespoons sugar
1/2 cup lukewarm water	2 cups milk, scalded
1 teaspoon sugar	6 cups flour, approximately
1 1/2 teaspoons salt	oil for frying
2 tablespoons shortening	

1. Add yeast to lukewarm water and 1 teaspoon sugar. Let stand 5 minutes.
2. Add shortening, salt and remaining sugar to milk and cool to lukewarm.
3. Add softened yeast and 3 cups flour. Beat well. Add enough more flour to make a soft dough. Place remaining flour on board, turn out dough on floured board, and knead until smooth and elastic. Place in greased bowl, turn over so that greased side is on top, cover with cloth and let rise until doubled in bulk. Punch down and let rise a second time if desired.
4. Form balls the size of a walnut.
5. Heat oil in a frying pan and fry the dough balls until golden brown.
6. Make a syrup of 2 cups water, 2 cups sugar and 1 teaspoon rosewater and cook until slightly thick.
7. Dip each piece of fried dough in the syrup and place on a rack to drain. Cool and serve.

MAMEMULL (A Syrian Pastry)

1 pound butter	2 eggs
1/2 cup granulated sugar	5 cups flour

FILLING:

1 pound dates, chopped fine	1/2 cup English walnuts
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1. Cream butter and sugar, add eggs and flour. Shape into balls (about the size of a large walnut).
2. Mix the ingredients of the filling well together.
3. Take a small amount of filling in the palms of your hand and roll into the shape of a large date.
4. Then take the filling and press it into the dough ball. The combination of the filling inside and the dough over it takes the form of an egg.
5. Bake $\frac{1}{2}$ hour in 250° oven in a greased baking sheet. Makes 2 dozen.

NOTE: May be sprinkled with powdered sugar.

NOTE: If the dough is not soft enough to work with, add a little water or oil.

MILK CUSTARD (Galopita)

1 1/2 quarts milk
1 cup farina
1/2 cup sugar
3 eggs

3 tablespoons butter
1 teaspoon vanilla
1/2 box crushed Zwiebeck

1. Scald milk, add sugar and farina. Cook until thickened.
2. Beat eggs and vanilla and add slowly to hot milk mixture, stirring constantly.
3. Pour into a large buttered baking pan (12 x 16 x 2) which has been sprinkled with half of the Zwiebeck crumbs.
4. Top with the remaining crumbs.
5. Bake in 350° oven for 45 minutes.
6. When cool pour the following syrup over it. Cut in diamond shapes and top with half a cherry.

SYRUP

1 1/2 cups sugar
1 cup water

1 teaspoon lemon juice

Bring to a boil and boil for 10 minutes.

MOLDED CUSTARD (Pölligya)

1 quart milk
3 eggs

3 heaping tablespoons cream
of wheat
1 teaspoon vanilla

1. Boil milk and let it cool.
2. Beat eggs and add cream of wheat, sugar, and vanilla.
3. Then add lukewarm milk, mix well and cook in double boiler with very low heat until it is thick like custard.
4. Melt and brown 4 large tablespoons sugar and 1 3 cup water and put in mold.
5. Pour custard-like mixture in mold and cook at 350° for 1 hour or until a knife inserted in center of custard comes out clean.

CREAM CUSTARD WITH GOLDEN RAISINS

3 cups milk
1 cup sugar
1 cup raisins

3 eggs
1 teaspoon vanilla

1. Beat eggs well.
2. Add sugar, milk, vanilla.
3. Pour in 1 1/2 quart baking pan.
4. Sprinkle raisins and cinnamon on top.
5. Set in one inch of water in larger pan.
6. Bake at 375° until firm. Serves 8.

RICE PUDDING*(Riengado)*

$3\frac{1}{2}$ cups milk
 $\frac{1}{2}$ cup rice
 $\frac{1}{2}$ cup sugar

2 eggs
pinch salt
1 teaspoon vanilla

1. Parboil rice 5 minutes in $\frac{1}{2}$ cup salted water. Drain rice.
2. Scald milk, add drained rice and bring to boil. Boil slowly till rice is cooked. Remove from fire.
3. Beat eggs and add sugar. Add hot milk, a tablespoon at a time, to eggs (about 3 or 4 tablespoons).
4. Slowly add this to milk and rice mixture. Replace over heat and allow to cook for about 5 minutes. Remove from heat and add vanilla. Pour into individual molds and sprinkle with cinnamon.

ATHENIAN HALVAH**SYRUP**

4 cups farina
1 lb. sweet butter
 $\frac{1}{2}$ lb. almonds
(cut in four pieces)
2 lbs. sugar

8 cups water
1 tablespoon cloves
5 cinnamon sticks
 $\frac{1}{2}$ orange peel

1. Put butter in frying pan and brown.
2. Add farina, little at a time while stirring until it is brown. Add almonds and brown.
3. Pour mixture in large deep pot.
4. Boil the syrup recipe for $1\frac{1}{2}$ hour. When ready pour slowly in farina mixture.
5. Cook until thick, then form with tablespoon into pieces and sprinkle with cinnamon. To be eaten with a spoon.

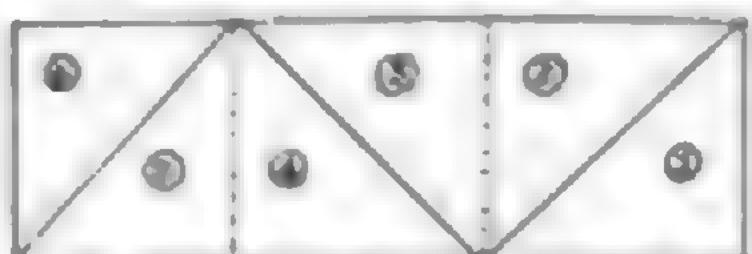
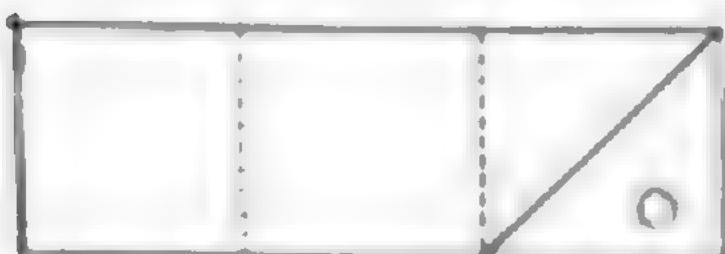
BAKED CUSTARD

1 quart of milk
4 eggs

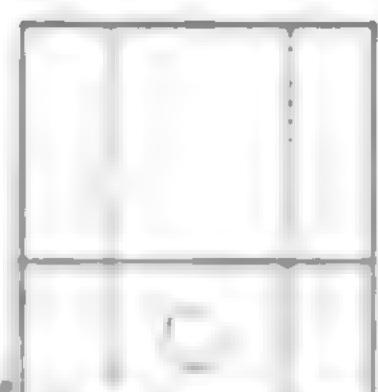
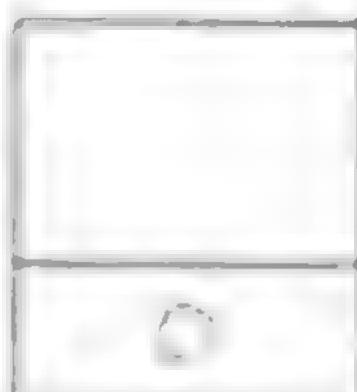
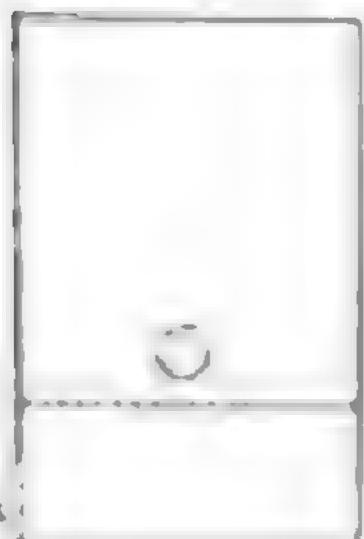
1 teaspoon vanilla or almond extract
cinnamon or nutmeg

1. Scald the milk.
2. Beat the eggs slightly and add to the milk slowly, beating all the while.
3. Add flavoring and pour into custard cups.
4. Place custard cups in pan of hot water.
5. Bake for 20 minutes at 350° or until inserted skewer comes out clean.
6. Sprinkle with cinnamon or nutmeg.

How to Shape Fancy Greek Breads, Pastries and Cookies



Triangles or "Trigona" made with pastry sheets (filo)



Filo Rolls for various fillings



spiral



twist

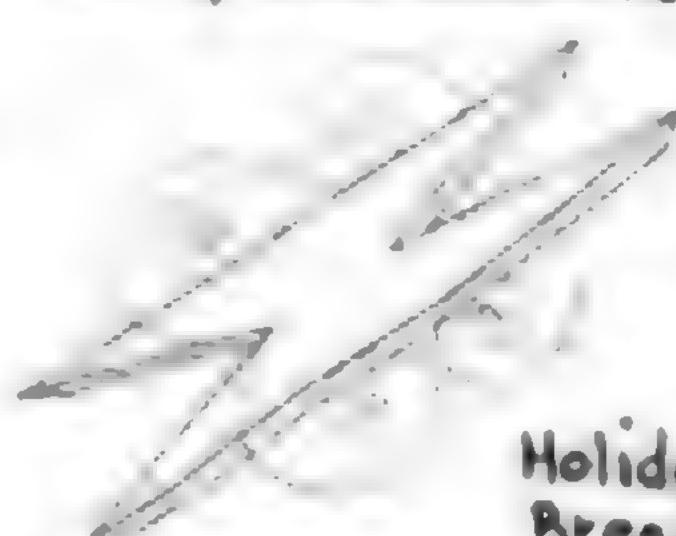


wreath

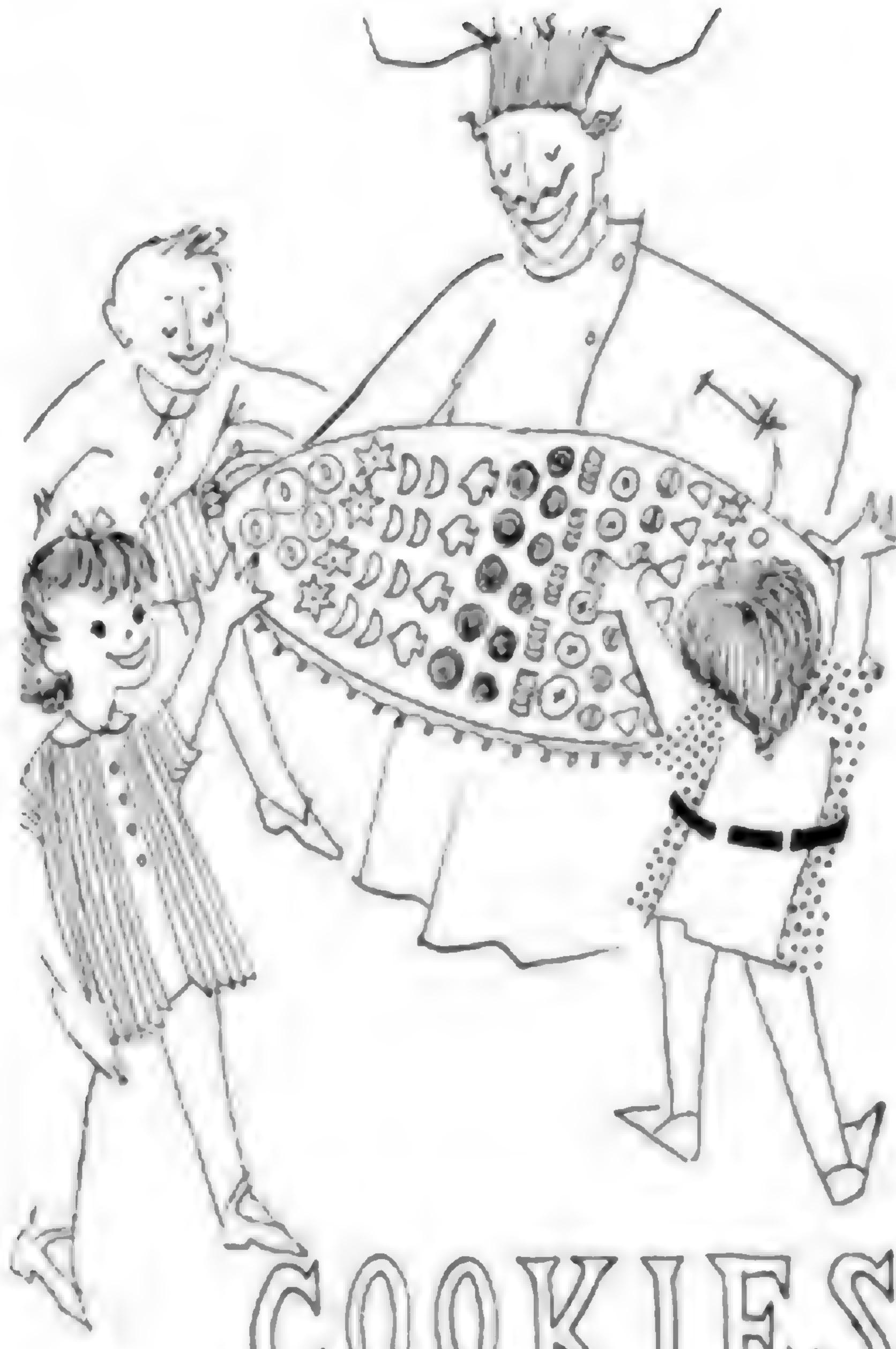
three basic shapes for Koulouria Cookies



twisted bread



Holiday
Bread



COOKIES

KOURAMBIETHES

The Christmas holidays, Greek christenings and weddings could never be complete without Kourambiethes. Like mince meat pies and Yorkshire pudding, these powdered-sugar shortbread cookies have become a tradition in the Greek home. Their history can be traced back to the days of St. John Chrysostom, who is said to have mentioned them during one of his sermons. Each kourambie should be garnished with a clove to represent the Wise Men who brought spices.

POWDERED SUGAR COOKIES (Kourambiethes)

1 lb. sweet whipped butter	6 cups flour
2 egg yolks	whole cloves
1/2 cup confectioner's sugar	1 teaspoon vanilla

1. Beat butter for ten minutes with electric mixer.
2. Beat egg yolks with vanilla in separate bowl until lemon-colored; then add sugar to eggs and beat ten minutes.
3. Add egg mixture to butter; then add sifted flour a little at a time and knead for 1/2 hour.
4. Put in refrigerator until cool.
5. Then shape into desired shapes and insert a clove in the center of each. Place on ungreased baking sheet.
6. Bake in 350° pre-heated oven until the bottom of the cookies are brown.
7. Allow them to cool and sprinkle with sifted confectioner's sugar.

BRIDAL KOURAMBIE (Kourambiethes)

1 lb. butter	1/2 tsp. cinnamon
1/2 cup Wesson oil	1 tsp. baking powder
1/2 cup sugar	1 1/2 cups flour
1 egg	1 cup blanched ground almonds

1. Melt butter and let it set for a minute. Discard salt settlement.
2. Put drawn butter in bowl and cool. Add Wesson oil and beat.
3. Add sugar and egg. Beat well.
4. Add baking powder and cinnamon to flour and add to above mixture.
5. Add almonds.
6. Knead for 10 minutes or until dough leaves hands.
7. Hand-shape into wedding bells.
8. Bake at 350° for 30 minutes in pre-heated oven.
9. Remove from oven and roll in confectioner's sugar.
10. Insert toothpick with small bow on top. Yields 8 dozen.

KOURAMBIETHES

1 lb. sweet butter

1 cup confectioner's sugar

2 egg yolks

3 cups flour

vanilla extract

whole cloves

confectioner's sugar

1. Pre-heat oven at 350 degrees.
2. Cream butter with sugar until fluffy.
3. Add egg yolks and vanilla.
4. Gradually add flour. Dough will be soft but not sticky.
5. Cut dough into small diamonds.
6. Place a clove in center of each cookie.
7. Place on ungreased cookie sheet and bake for 30 minutes in pre-heated 350° oven. Cool on cookie sheet.
8. While still warm sift confectioner's sugar over cookies.

POWDERED SUGAR PARTY CAKES

(Kourabie)

1 lb. unsalted butter

4 cups flour

2 egg yolks

1 lb. ground almonds

candied cherries or

candied mixed fruit

1 cup confectioner's sugar

Make kourabie dough rather soft. Shape into roll less than 1 inch in diameter. Put cherries or mixed fruit in the center before shaping dough.

2 sheets filo

butter

1 lb. ground toasted almonds

Prepare filo by stacking 4 sheets filo, butter between each. Then between the next 3 sheets of filo put ground almonds. Finally put on last sheet of filo, butter, then kourabie dough. Roll up as jelly roll, seal ends, butter, and place on cookie sheet. Cut with knife every 1/2 inch about 1 inch deep before baking. Bake in moderate oven 350 degrees until done. When cool pour the following cooled syrup over it. Makes 4 large rolls.

SYRUP

1 cups sugar

2 cups water

slice of lemon

orange peel

stick of cinnamon

Cook until thickened.

AMIGDALOTA

1 lb. sweet butter

1/2 lb. flour

2 eggs

1 cup sugar

1 tsp. vanilla

1 lb. almonds

1 tsp. baking powder

Cream butter. Add sugar, egg yolks and vanilla. Beat egg whites and add to mixture. Add flour and baking powder and beat. Batter must be soft. Shape into round cookies. Brush cookies with beaten egg whites. Sprinkle with almonds. Place on cookie sheet and bake at 375 degrees.

ALMOND COOKIES

1 pound butter or
 $\frac{1}{2}$ pound butter and
 $\frac{1}{2}$ pound margarine
 1 cup sugar
 3 egg yolks

3 teaspoons baking powder
 1 teaspoon almond flavor
 6 cups flour
 2 egg whites
 1 pound slivered almonds

1. Beat butter, add sugar, egg yolks and almond flavor.
2. Sift flour, baking powder and add a little at a time to make a soft dough like kourambieka. Shape dough as you would a kourambie.
3. Beat egg white lightly, roll cookies in egg white then roll in slivered almonds.
4. Bake on ungreased cookie sheet in 350° oven for about 20 minutes.

PEAR SHAPED SPICE BARS

(Apedakia)

2 cups Mazola oil
 2 cups sugar
 1 cup orange juice
 4 eggs
 2 teaspoons baking powder

2 teaspoons baking soda
 1 teaspoon vanilla
 1 teaspoon cinnamon
 5 to 6 cups flour

NUT MIXTURE

3 pounds ground walnuts
 3 teaspoons vanilla
 $\frac{1}{2}$ teaspoon cinnamon

9 tablespoons honey
 sesame seeds browned
 and crushed

1. Cream oil and sugar.
2. Add orange juice and eggs.
3. Add dry ingredients gradually, then add cinnamon.
4. Roll into the size of a walnut.
5. Take all the ingredients of the nut mixture and mix well.
6. Insert finger through the center of the dough and fill with the nut mixture.
7. Place on ungreased baking sheet and bake in 350° oven until brown.

SYRUP

1 pound jar honey
 2 cups sugar

2 cups water
 2 sticks cinnamon

1. Boil the syrup ingredients for about 10 minutes, then simmer to keep syrup hot.
2. Place cookie in slotted spoon and dip on both sides.
3. Drain and arrange on a platter.
4. Pour remaining syrup over the cookies.

SPICE BARS*(Finikia)*

4 cups farina
2 cups heated olive oil
1 cup honey lukewarm
2 oz. cognac
juice of 1 orange

1 teaspoon grated orange rind
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
 2 teaspoons baking powder

1. Work oil and farina until creamy. Then add sugar, honey and the rest of the ingredients.
2. Mix well for 20 minutes. If the dough is stiff add a little more brandy. If too soft add more farina.
3. Roll with the hand into the size of a walnut, and flatten.
4. Place on an ungreased baking sheet and bake at 350° for 20 minutes. Use a flat baking sheet.

SIRUP

1 cup honey
1 cup sugar

1 cup chopped walnuts

1. Boil the syrup ingredients for about 10 minutes, then place on summer to keep your syrup hot.
2. Place finikia in slotted spoon and dip the finikia on both sides. Drain and arrange on a platter.
3. Pour the remaining syrup over the finikia and sprinkle with chopped nuts.

HONEY DAINTIES*(Melomakarouna)*

$\frac{1}{2}$ pound butter
1 cup olive oil
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup orange juice
1 tablespoon orange rind
4 to 6 cups flour

1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon nutmeg

1. Beat butter and olive oil until creamy.
2. Add sugar slowly and beat until light yellow and slightly thick.
3. Add orange juice and rind and beat 15 minutes.
4. Add remaining dry ingredients to 1 cup of the flour. Combine with the butter mixture.
5. Gradually add remaining flour until dough resembles the consistency of cookie dough.
6. Take a piece of dough the size of a walnut and shape.
7. Bake in a pre-heated 350° oven for 15 to 20 minutes on an ungreased cookie sheet.
8. When the cookie is removed from the oven, dip it into the following syrup which has been cooked.
9. Sprinkle with chopped nuts.

SYRUP

2 tablespoons lemon juice
1 cup sugar

1 cup honey
1 cup water

Boil together for 3 minutes.

HONEY CAKES

1/2 cup butter
1/4 cup granulated sugar
1 cup honey
2 eggs

2 cups flour
2 teaspoons baking powder
1 teaspoon anise seed

1. Melt butter and add sugar, honey and slightly beaten eggs.
2. Mix and sift flour, baking powder and anise seed.
3. Combine mixture and mix until smooth at low speed on mixer.
4. Pour into paper baking cups set in muffin tins (about 2/3 full).
5. Bake for 25 minutes at 375°.
6. When cool, frost with white icing and top with maraschino cherry on each cake.

ICING

3 tablespoons butter
1 1/2 cups confectioner's sugar

1 1/2 teaspoons almond extract

1. Melt butter in saucepan.
2. Stir in sugar, salt and almond extract until crumbly.
3. Add boiling water and beat until smooth.
4. Spread quickly.

HONEY CAKES

(Finikia)

2 cups of oil (Wesson or
Mazola) - no olive oil
1 cup of orange juice
1/2 tsp. cinnamon

2 tsps. baking powder
2 lbs. of flour
(maybe a little more or less)

1. Combine oil with orange juice. Add baking powder and cinnamon.
2. Add flour, little by little, and knead well after each addition until the dough is soft, but does not stick to the hands (20 minutes).
3. Take a piece of dough a little larger than a walnut. Flatten and fill with nut filling and seal top and edges so that the filling will not come out. Place on ungreased cookie sheet with sealed top down.
4. Bake in oven at 350° until lightly browned.
5. Dip in honey syrup and sprinkle with finely chopped nuts and cinnamon.

NUT FILLING

1 lb. walnuts ground fine 1 teaspoon of cinnamon
 $\frac{1}{2}$ cup sugar

Mix well.

This filling is also used to sprinkle over the cakes after they have been taken out of the syrup.

TRIANGLE PASTRY SHEET (Filette)

4 cups flour	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup oil	corn oil for frying
1 tablespoon salt	corn starch for rolling

1. Make soft dough from flour, salt, oil and water.
2. Knead about 15 minutes.
3. Cover and let stand at least 3 hours.
4. Divide dough in 4 equal parts.
5. Roll dough fine with long rolling pin, using cornstarch.
6. After dough has been rolled out as fine as possible, take rolling pin and place an edge nearest you and roll all the dough on rolling pin.
7. Slip rolling pin off dough.
8. Cut in 1 inch diamond shapes.
9. Cook in oil until light brown (low heat).
10. Dip in syrup and sprinkle with toasted sesame seeds.

SYRUP

3 cups sugar	1 stick cinnamon
3 cups water	$\frac{1}{2}$ lemon

Simmer 30 minutes.

DATE AND NUT BARS

1 cup sugar	1 cup flour
1 beaten egg	$\frac{1}{2}$ cup milk
1 cup chopped dates	$\frac{1}{2}$ teaspoon baking powder
1 cup chopped nuts	$\frac{1}{2}$ teaspoon salt

1. Mix sugar, egg and flour sifted with baking powder and salt.
2. Add milk, then dates and nuts.
3. Bake in shallow pan.
4. Cut when hot and roll in powdered sugar.

MEDITERRANEAN MACAROONS

6 egg yolks	1/2 teaspoon salt
6 egg whites	1 1/2 cups flour, sifted
2 cups powdered sugar	1 1/2 cups blanched almonds, shredded
1 teaspoon orange rind, grated	

1. Combine egg yolks, sugar, salt and orange rind and beat until thick and creamy. Add 1/2 of the flour and mix well.
2. Beat egg whites until stiff, but not dry.
3. Fold in 1/2 of the egg white mixture. Add remaining flour and egg whites, alternately.
4. Put in cookie press.
5. Use baking sheet which has been greased and floured. Sprinkle almonds on top.
6. Bake at 350° until brown.

UNBAKED ALMOND COOKIES

2 pounds almond paste	1 tablespoon corn starch
1 pound powdered sugar	1 teaspoon vanilla
3 egg whites well beaten	1/2 teaspoon almond extract

1. Mix almond paste with rest of ingredients.
2. Put in a decorating bag and squeeze on brown paper on a cookie sheet.
3. Add a small silver decoration.

ALMOND MACAROONS

3 1/2 lbs. almond paste	3 cups granulated sugar
15 - 16 egg whites, unbeaten	1 tablespoon farina
1 1/2 lbs. powdered sugar	

1. Mix all the dry ingredients together, then add egg whites until mixture is soft and sticky. (Like a toll house cookie dough).
2. Drop on waxed paper with a spoon.
3. Put a small piece of cherry on top.
4. Bake for 12-15 minutes at 375° oven until golden brown.

LADY FINGERS (Used for funeral reception)

1 cup corn oil	1 teaspoons baking powder
1 cup sugar	dash of grated orange rind
1 cup orange juice	flour (enough to make a soft
1 cup eggs	dough)
1 cup cornstarch	

1. Beat oil and sugar in mixer.
2. Add eggs, orange juice and other ingredients.
3. Add enough flour to make a soft dough.
4. Roll to finger thickness and make about 2 1/2 inches long.
5. Bake at 350° oven.

WREATH CAKES

(Koulourakia)

yolks of 4 eggs
1 whole egg
8 ounces of sugar
4 ounces of milk

1 teaspoon of baking powder
Almost 2 pounds of flour
1 pound of butter
1 jigger of brandy

1. Cream butter well.
2. Add sugar and cream together.
3. Add the liquids and beat well.
4. Add flour sifted with baking powder—continuing to beat (the secret of these cakes is the continuous beating of the ingredients).
5. Pinch off small pieces. Roll into shape of small wreath.
6. Bake on ungreased baking sheet in moderate oven. These may be coated with sugar, or egg white sprinkled with crushed almonds. Bake until lightly brown—about 20 minutes.

COOKIES WITH AMMONIA

(Koulourakia)

3 lbs. butter
3 boxes confectioner's sugar
12 eggs
6 teaspoons crushed ammonia
(bought at drugstore)
8 teaspoons vanilla

2 cups milk
8 teaspoons baking powder
2 little glasses marzipha or anise
1 teaspoon cinnamon
6½ lbs. cake flour
1 lb. sesame seeds

1. Cream butter and sugar till light and fluffy, add eggs few at a time.
2. Mix ammonia with warm milk.
3. Add vanilla, marzipha, baking powder, ammonia, flour and milk. Continue adding flour until dough is smooth—not sticky.
4. Pinch of small pieces, roll dough into rings or twists.
5. Brush with egg yolk or milk and sprinkle with sesame seeds.
6. Bake at 375° for 15 to 20 minutes. Makes about 400.

COOKIES WITH BRANDY

(Koulourakia Me Metaxa)

2½ cups sifted all purpose flour
1 cup sugar
½ teaspoon salt

1½ cup brandy (Metaxa)

1½ cup butter

½ cup chopped blanched almonds

1. Sift flour and half of sugar and salt into bowl, add brandy.
2. Cut in butter with pastry cutter or two knives, then mix with wooden spoon to form a smooth dough.
3. Flour hands and pinch off small pieces of dough. Roll each piece about 6 inches long and twist two strips together. Form into ring.
4. Spread your almonds and remaining ½ cup of sugar. Press rings down in sugar mixture, place sugar side up on greased or ungreased cookie sheets.
5. Bake for 8 minutes at 400°. Cookies should not be brown.

COOKIES (Koulourakia-Politika)

8 eggs
 $\frac{1}{2}$ pound Crisco
 $\frac{1}{2}$ pound butter
 $\frac{1}{2}$ pint heavy cream

4 pounds flour
 1 pound confectionery sugar
 2 teaspoons vanilla
 2 teaspoons baking powder

1. Beat eggs and heavy cream together.
2. Add butter and crisco, which has been melted and cooled. Beat together.
3. Add sugar and vanilla and beat until creamy.
4. Add 2 cups flour which has been sifted and mixed with the baking powder, and mix well.
5. Add rest of the flour and mix until dough will work into shape.
6. Form koulourakia into a circular shape or a twist.
7. Place on ungreased cookie sheet, brush with a beaten egg and sprinkle with sesame seeds.
8. Bake in a pre-heated 425° oven for 12 minutes.

GREEK COOKIES (Koulourakia)

3 pounds sifted flour
 1 pound butter (substitute $\frac{1}{2}$
 pound margarine if desired)
 2 cups milk
 12 medium eggs

6 level tablespoons baking
 powder
 1 level tablespoon baking soda
 4 tablespoons vanilla
 3 cups granulated sugar
 sesame seeds (optional)

1. Melt butter and cool.
 2. Warm milk and sugar together.
 3. Beat eggs until frothy with an electric beater, then add milk-sugar mixture, butter and vanilla.
 4. Sift part of flour with the baking powder and the baking soda and add to the other ingredients. Beat with the electric mixer.
 5. Sift the rest of the flour and add to the mixture, kneading with the hands as you are adding the flour. Batter should be soft enough to roll, not too thick. Use more flour if necessary.
 6. Keep batter covered with a damp cloth while rolling.
 7. Shape cookies into twisted or circular shape.
 8. Brush with beaten egg and sprinkle with sesame seeds.
 9. Place on ungreased cookie sheet in a pre-heated 400° oven and bake for 10 minutes. Yields 32 dozen cookies.
- NOTE: To keep fresh, cookies should be placed in a tightly covered can.

COOKIES (Koulourakia)

1 pound sweet butter
1 pound Crisco
6 eggs
3 cups sugar
2 tablespoons baking powder

1 teaspoon baking soda
2 tablespoons vanilla
1 cup orange juice
1 ounce whiskey
about 3 pounds flour

1. Melt the butter and Crisco and cool.
2. Beat together and add the sugar.
3. Gradually add other ingredients slowly while beating.
4. Add Sour cup by cup and knead Dough must be soft.
5. Form into cookie shape.
6. Bake in pre heated 350° oven for 20 minutes. Yield 15 dozen.

EASTER COOKIES (Koulourakia)

1/2 lb. sweet butter
1 cup shortening
2 cups sugar
3 eggs

1/2 cup fresh orange juice
5 cups Gold Medal Flour
1 teaspoon baking powder
1/2 teaspoon baking soda

1. Use any of following flavors: Nutrilia, Vanilla or Almond.
2. Beat in electric mixer: butter, shortening and sugar for about five minutes.
3. Slowly add eggs one at a time to mixture.
4. Add orange juice slowly.
5. Sift flour, baking soda and baking powder together.
6. Add to mixture a little at a time and work by hand.
7. Take small amount and form it to your favorite shape.
8. Beat egg and apply on surface with brush and sprinkle with sesame seeds.
9. Bake 350° oven and bake 30 to 35 minutes.

COOKIES WITH YOGURT (Koulourakia)

5 eggs
1 cup yogurt
1 lb. butter
2 cups sugar
2 tablespoons Crisco

3 teaspoons baking powder
1/2 teaspoon baking soda
2 teaspoons vanilla
flour

1. Melt shortening.
2. Combine well beaten eggs and sugar and the rest of your ingredients.
3. Then start combining your sifted flour until your dough is the right consistency to shape into proper form.
4. Bake on a slightly greased baking sheet from 25 to 30 minutes at 350 degrees.

NUT TURNOVERS*(Tilikaria)*

1 lb. melted butter
1 tablespoon Crisco
1 small box sour cream
4 eggs

1 teaspoon baking powder
 $1\frac{1}{2}$ yeast cakes
8 cups flour

In mixer beat butter, crisco, and eggs well. Add sour cream, baking powder and yeast. Mix well. Remove and add flour. Dough should not be hard. Cover until it has risen.

FILLING

2 lb. walnuts, finely ground
1 tablespoon cinnamon

1 cup honey
5 tablespoons sugar

Blend all ingredients together. Take dough size of walnut and roll. Place 1 tsp. of filling in center. Fold. Prick edges with fork and place in 350° oven for 10 to 15 minutes until light brown. Remove from heat and dip in hot syrup. Sprinkle with nuts.

SYRUP

4 cups sugar
2 cups water

$\frac{1}{2}$ cup honey
1 teaspoon lemon juice

Bring to boil and boil one minute.

BREADS



GREEK HOLIDAY BREAD (Kouloura)

The closest we can come to describing this sweet bread is to compare it to the Danish coffee bread or the British Hot Cross Bun. This too, can be used as an Easter bread and is eaten at breakfast on Easter Day. It also is baked as a Christmas bread and decorated with a Cross and sun's rays instead of the red Easter eggs. The red eggs, according to the Greek Orthodox, represent the blood of Christ. They are placed in the dough, and baked with the bread.

SWEET EASTER ROLLS (Tsoureki)

1 lb. butter	(vanilla or mastika—optional)
2 lbs. sugar	1 quart milk
12 eggs	(heated until lukewarm)
6 yeast cakes	6 lbs. flour
1 demitasse cup olive oil	sesame seeds

1. Melt yeast cakes with warm milk.
2. Cream butter and oil well—add sugar gradually and cream well. Add eggs, one at a time.
3. Sift flour in large pan—make a well in center of flour. Add creamed mixture, then add milk and yeast mixture. Knead well.
4. Cover with clean dish towel and let rise 3-4 hours. Punch down a couple times—and let rise again for 3-4 hours.
5. Roll in desired shapes and let rise again for $1\frac{1}{2}$ hours. Brush tops with egg (mixed with a little milk) and sprinkle with sesame seeds. Bake in 350° oven for 15-20 minutes (or until done).

EASTER BREAD (Kouloura)

5 pounds flour	rind of an orange
2 cubes yeast	1 tablespoon anise seed
2 cups lukewarm water	2 cups sugar
2 $\frac{1}{2}$ cups olive oil	1 teaspoon cinnamon
2 $\frac{1}{2}$ cups shortening	3 eggs

1. Put yeast in lukewarm water.
2. Heat olive oil until it sizzles, add shortening.
3. Sift flour in a big pan, add the shortening, grate the rind of an orange and add it to the flour.
4. Mix anise seed, sugar, cinnamon and egg well together and add to the rest of the ingredients.
5. Add yeast-water and knead until dough leaves hands.
6. Allow dough to rise once, roll into desired shapes and allow it to rise again.
7. Brush with egg mixed with a little milk and sprinkle with sesame seeds.
8. Bake in pre-heated 350° oven for 1 hour until brown.

KOULOURIS

1 lb. melted butter
1 qt. warm milk
12 beaten eggs
4 cups sugar

5 yeast
1 cup rose water
1 5 lb. bag flour and 7 cups

1. Mix yeast with water.
2. Melt butter and add warm milk, sugar and beaten eggs.
3. Add yeast, rose water. Mix.
4. Add flour, knead. Let rise 2 hours.
5. Knead and let rise 30 to 45 minutes.
6. Shape and let rise.
7. Before baking brush with beaten egg and sprinkle with sesame seed.
8. Bake in greased pan 25 minutes in 375° oven.

EASTER BREAD

(Koulouris)

5 lbs. flour
6 eggs
 $\frac{1}{2}$ lb. butter

2 cups of sugar
3 cups of milk
6 cakes of yeast

1. Soften yeast in cup of lukewarm water.
2. Add flour, sugar, eggs, butter and milk.
3. Mix well, cover, and let stand until dough rises.
4. Then mix again and shape.
5. Cover and let stand again until dough rises.
6. Beat 1 egg and brush bread, sprinkle with sesame seeds. Bake at 300° oven for 1 hour.

EASTER BREAD WITH FRUIT

1 cup butter
1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
2 cups warm milk
2 yeast cakes

$\frac{1}{2}$ cup warm water
4 beaten eggs
8 cups flour
1 cup mixed glazed fruit
1 cup white raisins
butter

1. In a large bowl mix butter, sugar, salt, and vanilla.
2. Add warm milk and mix well.
3. Melt yeast in warm water and add to the mixture.
4. Add the eggs and half of the flour. Mix together.
5. Add raisins, fruit and rest of flour.
6. Work dough well and place in a buttered pan. Cover.
7. Let stand in a warm place to rise.
8. Punch down and let it rise again.
9. Shape into long loaves.
10. Brush with butter, cover with towel, let rise again.
11. Bake in 350° oven for 35 minutes.

INSTRUCTIONS FOR BRAIDING EASTER BREAD

Place dough on floured board and divide into 8 parts. Do not make dough balls too large. Cover with inverted mixing bowl and let stand for 15 minutes. Shape each ball into a strip 12 inches long.

Place 4 strips side by side on a well greased baking sheet, pinch the strips together at one end.

Braid, weaving from right side over and under to the left. Then weave with the next far-right strip; repeat process until braid is completed.

Pinch ends together to seal. Repeat with remaining 4 strips of dough. Cover until it doubles in size. Brush top with melted butter and bake.

CHOEREK (Armenian)

1 yeast cake
1 cup flour
 $\frac{1}{4}$ lb. butter
 $\frac{1}{2}$ cup sugar
5 or 6 eggs (more if desired)

salt
Mahlebe (a flavoring favored by Armenians, can be bought in Greek Grocery)
milk or water as needed

1. Dissolve yeast in lukewarm water.
2. Add one fourth of the flour and mix.
3. Let stand in warm place for $1\frac{1}{2}$ hours, or until it begins to rise.
4. Add eggs and remaining flour, sugar and milk or water until dough is of light and velvety consistency.
5. Knead, dipping hands in melted butter until all butter is kneaded into dough.
6. Cover dough and let it rise.
7. Put in cake or pie tin and let rise again.
8. Brush top with egg, and garnish with almond halves or sesame seeds.

Customary to bake coin in loaf; person who gets coin is to be especially lucky that year. Bake in moderate oven for 20 or 30 minutes.

NEW YEAR'S CAKE (Vasilopita)

At the stroke of midnight on New Year's eve, relatives and close friends gather to enjoy the cutting of the Vasilopita or New Year's cake. The host makes the sign of the Cross over the cake before he begins to cut the first slice which is offered to the Holy Mother or St. Basil. This piece is put aside, then large slices are cut for the family, in chronological order . . . and finally, for the relatives and friends. The climax of the joyous occasion is the finding of the coin which has been baked into the cake. The finder of the coin, it is said, will be lucky for the coming year.

NEW YEAR'S BREAD (Vaniopeta)

2 lbs. flour

3 eggs

1 lb. butter

2 t.s.p. baking powder

1 1/2 cups sugar

1 t.s.p. salt

1/2 t.s.p. masticha

1. Melt butter in saucepan and brown slightly.
2. Soft flour, baking powder and masticha. Add butter to thin, and mix well.
3. Beat the eggs with the sugar and add to flour mixture. Mix well. If dough is stiff add a little water.
4. Place in two 12" round pans.
5. Brush top with beaten egg and decorate with shaved almonds.
6. Bake in 350° oven for 1 hour.

NEW YEAR'S BREAD (Vaniopeta)

3 yeast cakes

8 eggs

5 cups sugar

3-6 lbs. flour

sesame seeds

1 lb. butter

1 quart milk

1/2 t.s.p. ground masticha

1. Mix yeast, warm milk, melted butter, well beaten eggs, with sugar and masticha and mix in flour.
2. Knead well, cover and allow dough to rise. Knead again lightly and separate into three greased pans.
3. Brush top with egg yolk and add sesame seeds.
4. Pre-heat oven. Bake for approximately 1 hour at 350°.

NEW YEAR'S BREAD (Vaniopeta)

1 pound sweet whipped butter

2 pounds confectioner's sugar

10 EGGS

1 OZ. COGNAC

6 oz. fresh orange juice

8 teaspoons baking powder

2 pounds flour

1. Beat the butter, add the sugar, egg yolks and the cognac.

2. Beat the egg whites separately and add to butter mixture.

3. Add the baking powder to the orange juice, mix well and add to the rest of the batter.

4. Add the flour, a little at a time, until the mixture is a little thicker than cake consistency. Place coin into batter.

5. Pour into a greased 11" x 16" x 2" pan and bake in 350° oven. Test with toothpick when done.

GREEK DOUGHNUTS (Syringe)

1 cup water
1 cup milk
1 cup farina

1 lop. butter
4 eggs

1. Heat water, milk and butter together until lukewarm.
2. Add farina, cook over low heat until it becomes a thick mixture. Take off flame—cover with clean dish towel and cool.
3. After it has cooled—knead well. Add one egg at a time kneading well after each addition.
4. Rub a little oil in hands, add a tablespoon of mixture and form into shape of doughnut. Fry in deep hot fat for 15 minutes.
5. Sprinkle cinnamon over syringous. Pour honey, boiled syrup, or pancake syrup over syringous.

GREEK DOUGHNUTS (Syringe)

6 cups water
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ lb. butter

$2\frac{1}{2}$ cups farina
10 eggs

SYRUP

3 cups water
3 cups sugar

1 teaspoon cloves
3 sticks cinnamon

1. Boil water and salt, butter. Add farina little by little, slowly, until it is one lump. Then boil for 10 minutes while stirring. Remove from fire and cool.
2. Beat eggs separately, pour in dough and stir well.
3. Heat oil in frying pan. With spoon drop dough in pan and fry until brown.
4. Boil syrup for $\frac{1}{2}$ hour, pour over doughnuts, sprinkle with cinnamon.

ZWIEBACK (Pazemadia)

$\frac{1}{2}$ lb. sweet butter
4 eggs
1 cup sugar
 $2\frac{1}{2}$ cups flour

3 teaspoons baking powder
 $\frac{1}{2}$ whiskey glass of cognac
1 teaspoon vanilla

1. Beat butter, egg yolks and sugar, add cognac.
2. Beat whites of eggs and add to yolk mixture.
3. Add baking powder and flour.
4. Pour in pan and sprinkle with sesame seeds.
5. Bake in 375° oven for one-half hour.
6. Remove from oven, cut pieces (rather large).
7. Place back in oven and bake until brown.

ZWIEBACK (Paxemadi)

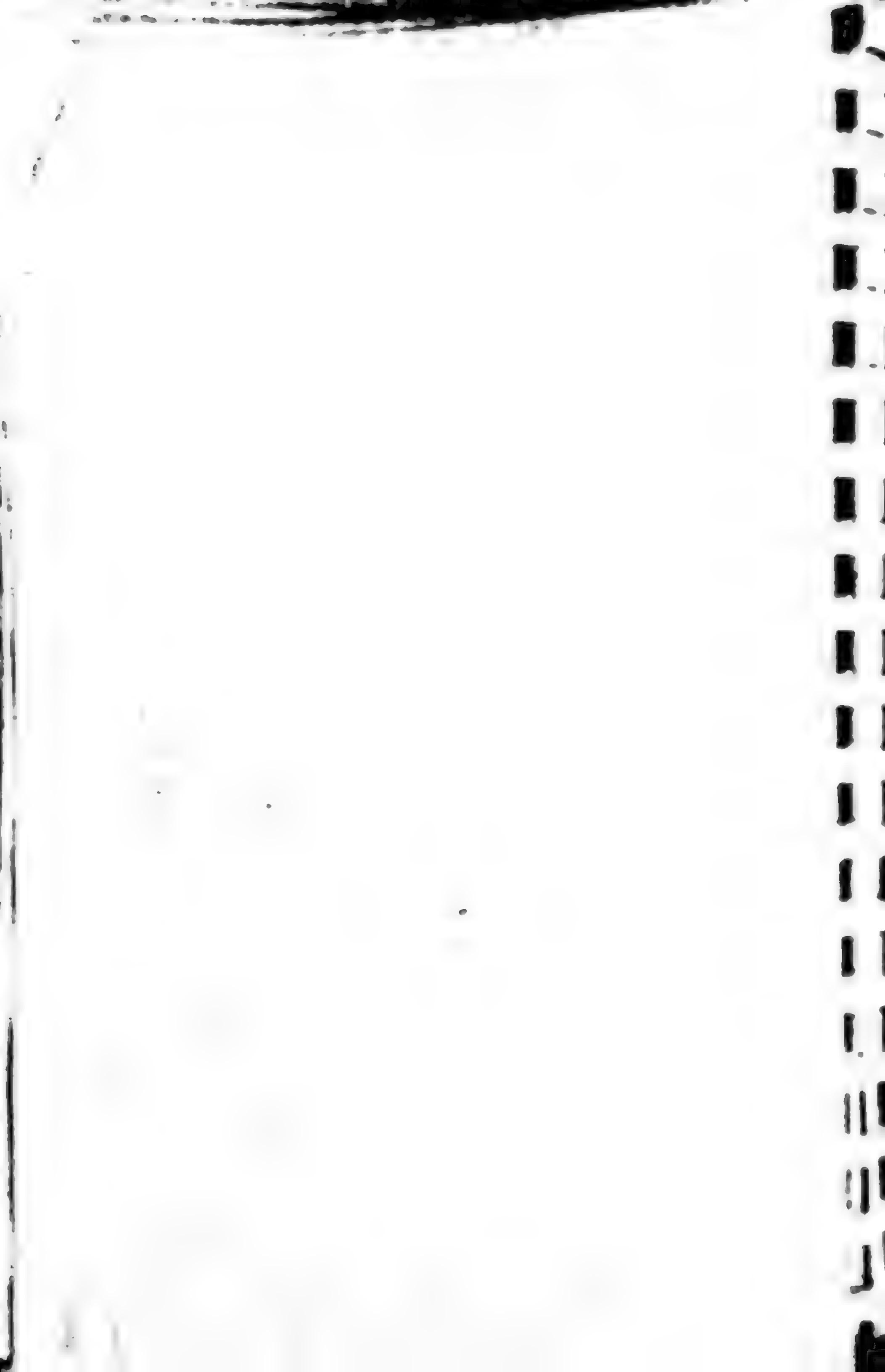
1 cup oil, butter or crisco	4 teaspoons baking powder
1 1/2 cups sugar	1/2 teaspoon cinnamon
6 eggs (beat separately)	1/2 teaspoon nutmeg (optional)
1 teaspoon vanilla or anise oil	about 1 1/2 cups flour

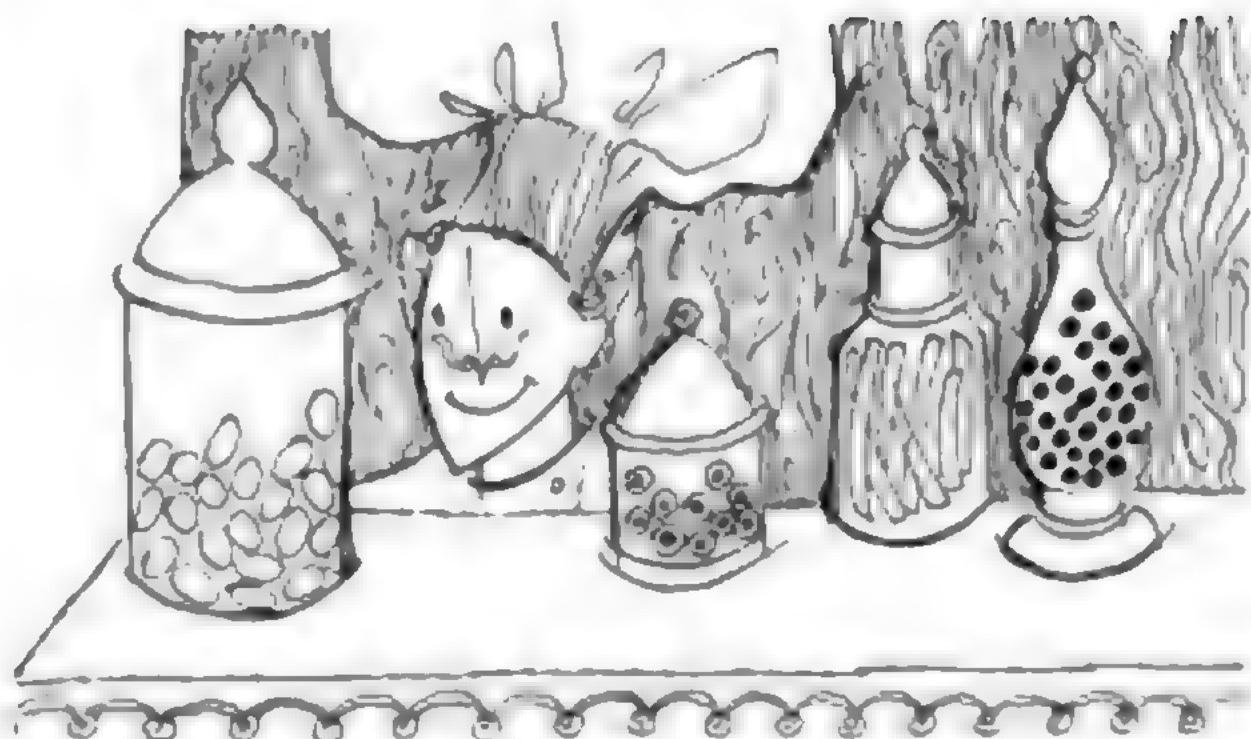
1. Beat egg whites stiff and yolks separately. Place some of the egg whites in cup and put aside to brush on top of loaves before baking.
2. Cream butter and sugar in electric mixer.
3. Add yolks to whites, blend well and add to butter and sugar.
4. Add flavoring, cinnamon, nutmeg. Mix.
5. Lower speed of mixer and add flour slowly. Add baking powder. Dough will be sticky.
6. Shape in four 12" long loaves on baking sheet. Brush with egg whites and sprinkle with ~~walnut~~ seeds if desired.
7. Bake at 350° for about 1 1/2 hour. Test with toothpick in center of loaves to see if done.
8. Cool loaves slightly and slice. Arrange on cookie sheet. Brown in 450° oven until golden brown.

ZWIEBACK (Paxemadi)

6 eggs	5 cups all purpose flour sifted
2 cups sugar	1/2 tsp. almond extract
1 lb. melted butter	1 1/2 cups walnuts
3 1/2 tps. baking powder	walnut seeds

1. Sift flour and baking powder.
2. Melt butter and allow to cool to lukewarm.
3. Beat eggs well, add sugar and beat until creamy.
4. Add warm butter and extract, beat a little to blend.
5. Add flour and walnuts and mix till flour is blended in.
6. Pour into 10" x 16" pan, sprinkle with ~~walnut~~ seeds.
7. Bake at 350° about 30 to 35 minutes till lightly browned.
8. Remove from oven and allow to cool for 5 minutes.
9. Slice into four sections lengthwise, then crosswise 1 1/2" wide.
10. Place in rows on cookie sheets and bake at 450° for 10 minutes till each paxemadi is lightly browned.





CANDIES



PRESERVES

GRAPEFRUIT PRESERVES

10 large (thick skin)
grapefruits
6 pounds sugar

2 lemons
1½ cups water

1. Scrape the grapefruit lightly with a carrot peeler, cut slices from grapefruit as large as you want, about 4 inches long and 1 inch wide.

2. As you are working with the grapefruit, throw it into cold water so that it will not darken.

3. Roll each grapefruit slice tightly and pass a toothpick through to keep form.

4. Put in a large pot, with one gallon and a half of water.

5. Boil until tender.

6. Prick grapefruit with large needle, and if it falls from needle, it is done.

7. Pour out water, wash well, and boil again for 10 minutes.

8. Wash and strain and allow it to dry for one hour.

9. Take sugar and water and boil until it becomes thick. To test syrup, dip spoon into syrup and let drip until the last drop sticks to the tip of the spoon.

10. Add grapefruit to syrup and boil for 3 minutes. Remove from heat. Do not cover.

11. The next day, boil again with the same syrup until it becomes very thick.

12. Add lemon juice. Cool and put in jars.

NOTE: You can make orange preserves by using 10 large oranges instead of grapefruit, the same with 10 lemons.

QUINCE PRESERVES

3 pounds quinces
4 pounds sugar
2 cups water

Juice of 1½ lemon
1 stick cinnamon

1. Peel quinces with a peeler and cut. Take out seeds, clean and cut in long thin strips.

2. As you cut, put slices in water immediately to preserve the color.

3. Strain the water from the quince slices, add sugar and boil together with the 2 cups of water and a stick of cinnamon, stirring constantly.

4. When the fruit turns pink, it is done. Also the syrup must be thick before adding the lemon juice.

5. Pour into sterile jars and seal when cold.

NOTE: The same recipe can be used for pears of the hard variety.

CHERRY PRESERVES

(Firmin-Kerstan)

3 pounds cherries (no-pit) 4 pounds sugar

1. Wash cherries and remove seeds.
2. Put in a pot and mix with the sugar. Leave overnight.
3. Next day, add $\frac{1}{2}$ cup water and boil, stirring constantly, not to burn.
4. Cook over slow flame until the mixture thickens.
5. Test a drop of syrup into a cup of water. It is done if it forms a soft ball.
6. Pour into sterile jars and seal.

EGGPLANT PRESERVES

50 tiny white eggplants (ripe) Syrup:

Toasted almonds or

Toasted pignolia nuts

3 cups sugar

1 cup water

1 cinnamon stick

1 tablespoon lemon juice

1. Wash and remove the skins and stems from the eggplants.
2. Make a deep incision and place a nut deeply inside each eggplant.
3. Then place them in a large saucepan and add as little water as possible.
4. Cook them until they become tender. Do not overcook as they will become mushy.
5. Drain and dry on absorbent toweling for approximately 2 hours.
6. Prepare the syrup; when it is almost set, add the eggplants.
7. Bring the mixture to a boil, and remove from the heat.
8. Allow the eggplants to cool in the syrup, then remove them with a perforated spoon.
9. Boil the syrup again allowing it to become thick.
10. Return the eggplants and bring the syrup to a boil 2 or 3 times.
11. Cool. Pour into sterilized jars.

STRAWBERRY PRESERVES

2 quarts strawberries, firm

2 pounds sugar

4 tablespoons water

a pinch of epsom salts

1. Place the strawberries, sugar and water in a saucepan.
2. TRICK! . . . add a pinch of epsom salts.
3. Boil for 15 minutes. Do not stir.
4. Set aside to cool. Stir every once in a while to keep berries well distributed in the syrup.
5. Allow them to stand overnight. This will FIX'EM them.
6. Next day fill cold glasses. Cover with hot paraffin.

WATERMELON PRESERVES

(Karpouzia)

1 pound prepared watermelon
rind
1 tablespoon salt
1 quart water

2 cups sugar
1 lemon sliced thin
1 stick cinnamon

1. Remove the rind and the pink edge.
2. Cut into small cubes and let stand overnight in one quart water and salt.
3. Drain and rinse with cold water.
4. Cover with boiling water and cook for 15 minutes.
5. Drain well. Squeeze all water out of watermelon pieces.
6. Add to syrup which is made of one qt. water, 2 cups sugar, lemon slices and cinnamon stick.
7. Cook until rind is clear and syrup becomes thick.
8. Allow the rind to stand overnight.
9. Reheat to boiling, and pour in sterilized jars.

MASTICHA SWEET

(Gliko)

7 cups sugar, powdered
4 cups water

Juice of 1 lemon
3 tablespoons masticha powder

1. Put sugar, water and lemon juice on top of stove to boil.
2. When syrup is thick, remove from heat and cool.
3. Beat with a wooden spoon until white, then add the masticha.
4. Keep beating until the mixture is thick and white and does not stick to the pan.
5. When it is finished pour into sterile jars.

ROSE PRESERVES

(Triaftafilo Gliko)

1 pound rose petals
1 pound sugar

5½ cups sugar
juice of ½ lemon
½ cup water

1. Wash the rose petals and put them in a pan with 1 pound of sugar.
2. Mix them thoroughly and allow to stand for about 1 day.
3. The next day put the ingredients into a saucepan with the rest of the sugar, lemon juice and ½ cup water.
4. Boil, when the mixture thickens remove it from the flame and allow it to cool.
5. Pour into jars, but do not cover until it is cool.

DATE PRESERVES (Hourmather)

3 pounds dates
2 pounds sugar
5 cloves

almonds
one cinnamon stick
1 cup water

1. Take out the seed of the date and stuff an almond in each.
2. Soak in water for three hours.
3. Make a syrup with the sugar, water, cloves and cinnamon stick.
4. Allow the syrup to come to a boil, add the dates and cook until the syrup becomes thick.

GRAPE PRESERVES

3 pounds large grapes
3 pounds sugar

1 teaspoon vanilla
lemon juice

1. Wash, peel and remove seeds of grapes.
2. Mix with sugar and vanilla.
3. Boil. If they become too watery, remove the grapes, cook the syrup until it becomes thick, add the lemon juice and return the grapes to the syrup.

CANDIED ORANGE PEEL

3 large thick-skinned oranges **granulated sugar**
1½ cups light corn syrup **cold water**

1. Remove peel and cut oranges into long narrow strips.
2. Cover peel with cold water.
3. Boil 30 minutes or until tender.
4. Drain thoroughly. Cover again with cold water and boil again.
5. Repeat this procedure four times.
6. Drain. Add corn syrup. Cook slowly until peel is translucent.
7. Drain. Roll in granulated sugar. Allow to cool before storing.

NOTE: You can substitute grapefruit for oranges, but repeat procedure 6 times for it.

GLACED ALMONDS

½ cup sugar
½ cup water

1 tablespoon butter
1 cup blanched almonds

1. Place sugar and water in small heavy skillet and heat slowly to form a light caramel syrup.

2. Add butter and almonds and stir constantly until almonds are nicely toasted and coated with syrup. Be careful not to burn either almonds or sugar-syrup.

3. Pour out on greased enamel or aluminum surface. Spread almonds apart quickly with two forks. Cool. Yield $\frac{1}{2}$ pound.

NOTE: Dried fruits can be glazed the same way.

JELLY SQUARES (Loukoumi)

4 envelopes unflavored gelatine	$1\frac{1}{2}$ cups boiling water
1 cup cold water	1 teaspoon cinnamon extract
4 cups sugar	$\frac{1}{2}$ teaspoon peppermint extract
$\frac{1}{2}$ teaspoon salt	green and red coloring

1. Soften gelatine in cold water.
2. Bring sugar, salt and boiling water to boiling point.
3. Combine and stir until gelatine is dissolved, then boil for 15 minutes slowly.
4. Divide into two portions—to one add red coloring and cinnamon extract. To the other add green coloring and peppermint extract.
5. Turn into pans about 8" x 4" (which have been dipped into cold water) and let stand at least 12 hours.
6. Place on board lightly covered with powdered sugar.
7. Cut into cubes with sharp knife and roll in powdered sugar.

NOTE : Chopped nuts can be sprinkled on the bottom of the pan before adding mixture.

TURKISH COFFEE

Sitting for hours in a coffee house and sipping Turkish coffee is a recognized way of living in Greece. Here, thick-moustached men sit out the day playing games of cards. They drink the thick, sweet Turkish coffee from tiny cups, argue politics and philosophy endlessly.

Turkish coffee is made with the "jezve"—a cylindrical, long-handled copper or brass coffee pot. Care is taken when filling cups to divide impartially the colored froth (kaimak) which rises above the coffee pot. The coffee is poured at once into the cups, evenly distributing the froth, which is said to bring good luck.

4 demi-tasse cups of water	4 teaspoons Turkish coffee
4 teaspoons sugar	

1. Fill the "jezve" with demi-tasse cups of cold water and bring to a boil.
2. Add the coffee and sugar. Stir well.
3. Again, bring to a boil, remove from fire.
4. Let the froth which has risen, die down and then return the pot to the fire again. Repeat this 3 times.
5. Pour equal amounts of the froth into each cup. Pour remaining coffee, to fill each cup.
6. Serve immediately. Serves 4.

SESAME CANDY (Pastelli)

2 cups sesame seeds

1 1/4 cups honey

1. Cook the honey and sesame seeds together in a heavy pan for about 10 minutes. Stir occasionally until it is golden brown.
2. Remove from fire and pour into a greased, pan (9-inch square).
3. Use a spatula to flatten it to $\frac{1}{2}$ inch thickness.
4. As the pastelli cooks, cut into bars about 3 inches long and 1 inch wide.

SESAME CANDY (Pastelli)

1/2 pound sesame seed

1/2 cup water

1/2 pound honey

2 cups granulated sugar

1. Mix sugar, honey and water. Stir well.
2. Simmer, stirring constantly until mixture forms a soft ball in cold water.
3. Remove from heat, add sesame.
4. Spread on buttered pan.
5. Allow mixture to cool and cut in desired pieces.

SESAME SEED BALLS

1/2 pound figs

1/2 pounds dates

1/2 pound raisins

2 tablespoons honey

toasted sesame seed

1. Grind together figs, dates and raisins.
2. Add the honey.
3. Shape the mixture into small balls and roll them in toasted sesame seeds.

PEANUT BRITTLE

2 cups sugar

1 cup coarsely chopped peanuts

2 teaspoons butter

1. Melt sugar in iron frying pan over moderate heat.

2. Stir constantly until lumps disappear and sugar is a rich golden color.

3. Remove from fire, add butter, pour over nuts that have been spread in shallow well-greased pan.

4. Break into pieces when cold.

ALMOND BEVERAGE (Soumada)

1 pound blanched almonds 1 quarts water
4 pounds sugar a few drops almond flavoring

1. Blanch almonds in boiling water. Put them through a meat chopper.

2. Take a little at a time and crush in a mortar with about 2 tablespoons of sugar each time until a pulp that can be dissolved in water is formed, or use a blender all at one time.

3. Make a syrup with the rest of the sugar and water. Set aside.

4. Boil it for a little, add the almond paste; boil for 10 minutes longer and add flavoring.

5. When cool, strain through a piece of cheese cloth and pour into bottles.

6. Seal the following day and it will keep for a long time.

7. Serve about 2 tablespoons in a glass of ice water.

NOTE: In Greece this refreshment is served at weddings.

CHERRY DRINK (Vainada)

3 teaspoons cherry preserves 1 glass ice water

1. Put the preserves in iced water and stir.

NOTE: This is a popular refreshment.

MAVRODAPHNE COCKTAIL (Medium Dry)

2 parts Mavrodaphne 1 lemon peel
a dash of Angostura bitters ice
1 dash lemon juice

Place all ingredients in a cocktail shaker, shake well and serve.

MAVRODAPHNE GIN COCKTAIL (Dry)

1 part Mavrodaphne 1 teaspoon lemon juice
a dash Angostura Bitters a lemon peel
2 parts dry gin ice

Place all ingredients in a cocktail shaker, shake well and serve.

MAVRODAPHNE FRAPPE

1/2 wine glass Mavrodaphne crushed ice
soda water

Shake well in cocktail shaker and serve

OLYMPIA COCKTAIL

1/2 Jigger maraschino 1/2 teaspoon Pecan (bitters)
1/2 glass dry vermouth 1 tablespoon Mavrodaphne

WINES AND LIQUORS OF GREECE

RETNSINA—The most popular wine of Greece that comes from many parts of the country. There are three types namely: regular, which is golden colored; *kokkinelli*, which is rose colored; *kokkino*, which is red. The wine is flavored with resin from pine trees.

MANTINEA—A light wine of the Riesling type. It comes from the Peloponnesus.

DOMESTIC—Both red and white, considered a reasonably priced table wine.

HYMETTUS—A very inexpensive wine.

KAMPA—A rather dry white wine served with chicken or fowl.

ZITSA—A sparkling champagne-like wine from Epirus.

NEMEAN—A rich, red wine strong in alcoholic content. It comes from the Peloponnesus.

MAVRODAPHNE—An exceedingly sweet, heavy red wine for serving with fruit or dessert.

CASTEL DANIELIS—A red wine of the Burgundy type, slightly higher priced.

NAOUSSIS ROUTARI—An almost black, very powerful dry wine which is served with meat.

BROUSSIKO—A sweet port wine from the Cyclades.

ROMOLA—A rose wine of the Anjou type, coming from the islands of Cephalonia and Zante.

CHATEAU DECILIP—A wine made from the grapes grown in the royal vineyards.

CHEVALIER DI RODI—A medium priced red wine from the island of Rhodes.

KING MINOS—A pleasant, golden wine best served ice cold. From the island of Crete.

KRITICA—A dark, red wine, rather dry. Also from Crete.

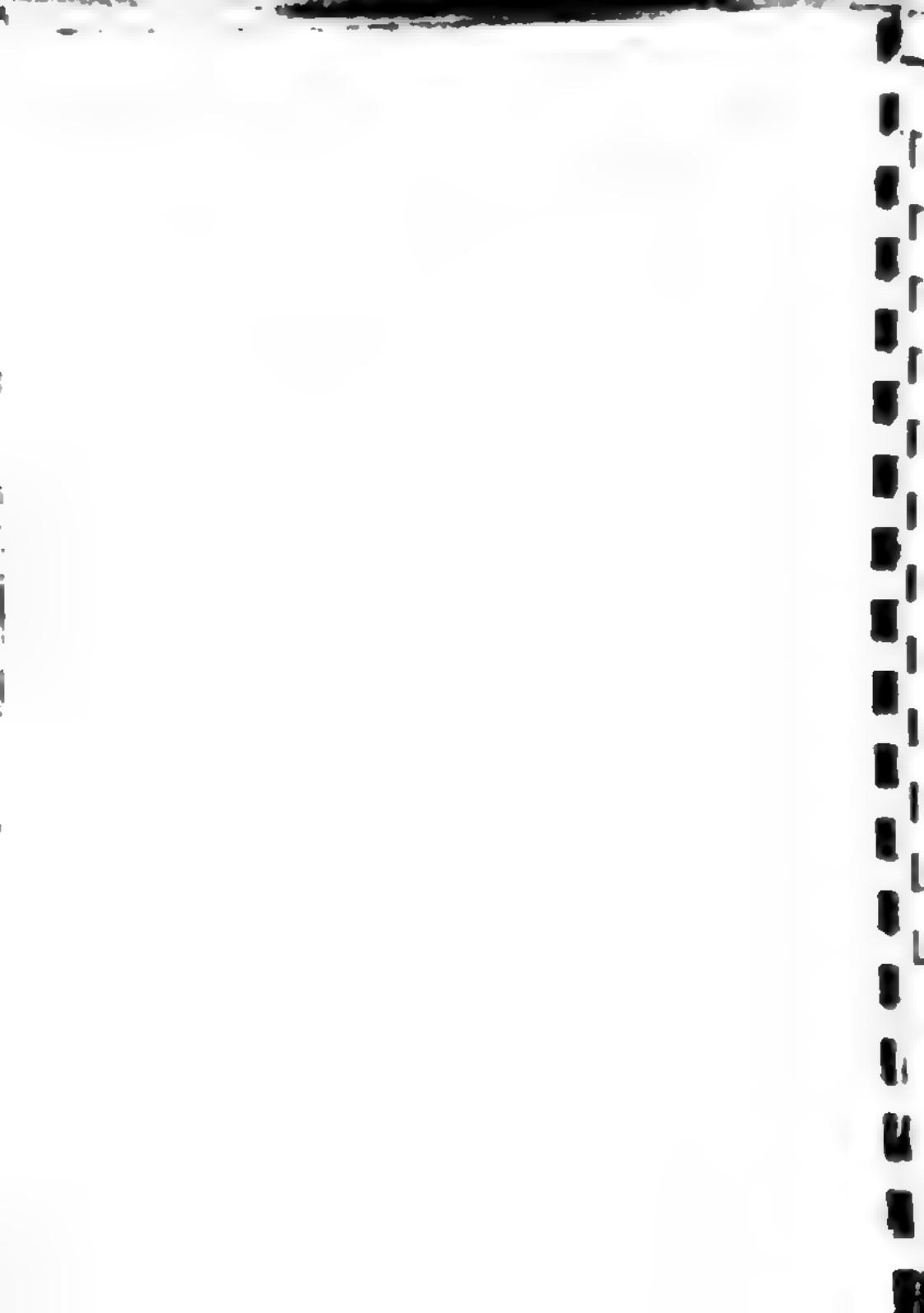
COMMANDERIA—A heavy Madeira-type wine from Cyprus. It is very much favored by connoisseurs.

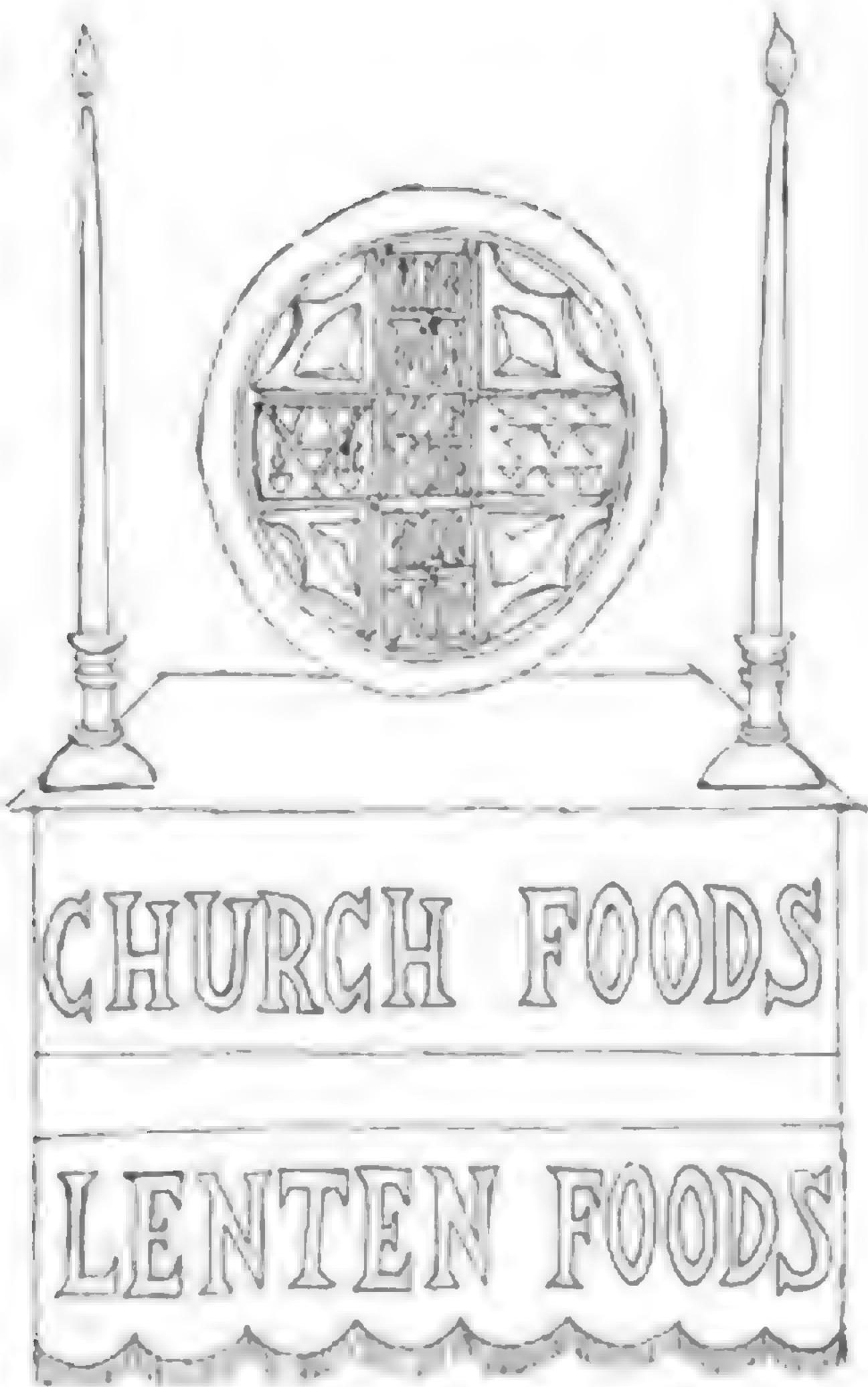
BRANDIES AND COGNACS—The best known are Metaxa or Varvassou.

OUZO—A clear spirit, distilled from the grapes, usually the by-product of the wine-making. Ouzo has a strong anise seed flavor. Some people prefer to drink it on the rocks—others mix it with water, which makes it cloudy and white.

MASTICA—A liquor flavored with gum mastic. Mastic is a low-branching tree with shiny leaves and belongs to the pistachio family. Most of the mastic comes from the island of Chios.

MIRA—A pure white liquid.





PROSPHORA

The elements used in the Sacrament of Holy Communion in the Greek Orthodox Church are bread and wine. The bread is called Prosphoron or Prospkora, and it is usually baked by a parishioner. It must be leavened, prepared from flour, yeast, water and salt. Sometimes it is shaped into two round loaves (one on top of the other) to signify the divine and earthly nature of Christ. However, it is a more common practice today to bake one round loaf, the top of which is stamped with a carved seal (*sphrayitha*). This particular section of the Prosphoron is used by the Priest in preparing the Holy Communion. Whatever remains is cut into small cubes and distributed after the Liturgy to the congregation by the Priest (*antidoron*).

SACRAMENTAL BREAD

(Prospkoro)

**5 cups sifted flour
2 cakes of yeast**

**1½ cups of warn water
1 teaspoon of salt**

Religious Seal or Sphrayitha

Dissolve yeast in warm water, add sifted flour and salt, knead until smooth. Place in bowl, cover and let rise. When double in size, knead again and divide dough in two parts. Place one part of dough in cake pan that has been flamed only (do not grease pan). Place second half on top and press it down. Dip religious seal in flour and stamp on bread, allow seal to remain in place until loaf is ready for the oven. Remove seal and bake for 30 minutes at 375°. Makes one round Prospkoro.

KOLIVA

Koliva is a dish of boiled wheat sweetened with sugar, cinnamon, raisins, pomegranates, nuts, etc., depending on the taste of the individual. This dish is brought to church for the memorial service (*mnimosino*) to confirm our faith that the soul is still living though the body is dead, and that the time will come when the soul will join the body. The wheat symbolize the Resurrection. The dead will rise, just as the seeds, though dead when planted in the ground, eventually bring forth fruit. The sugar symbolizes the sweetness of the life hereafter.

KOLIVA

(Whole Wheat Sitali for Memorial Services)

2½ pounds wheat (sitali)	1½ boxes currants
sesame seed	1 pound confectioners sugar
2 cups chopped walnut	for top
1½ cups granulated sugar	½ cup flour for top
2 teaspoons cinnamon	3 ounces silver dragees for top
½ cup chopped parsley	blanched almonds for top

1. Pour wheat in a large canning kettle and cover generously with water and allow to stand overnight.

2. In the morning; drain the wheat and cover with fresh water. Cook about 4 hours, or until tender. Stir with a wooden spoon to keep from sticking.

3. Drain and spread on a large cloth to absorb excess moisture.

4. Brown sesame seed and flour in separate shallow baking pans in a moderate oven, stirring often.

5. Mix other ingredients with the wheat and sesame and mound on a medium sized serving tray, lined with waxed paper and edged with paper doilies. Sprinkle the flour over the top and press down firmly with waxed paper. Over this sprinkle confectioners sugar and press down with waxed paper to make a smooth top.

6. Cut out a large cardboard Cross, and make an impression with it in the sugar. Fill the spaces with the silver dragees. On either side of the Cross you can form the initials of the deceased and fill them in with almonds or silver dragees. You can form a border with the almonds. Serves 50.

FASTING

The Greek Orthodox Church has many Lenten periods. Some of these are: the first fourteen days of August prior to the celebration of the Dormition of the Blessed Virgin, two weeks prior to Christmas the Great Lent forty days before Easter, and many single holidays, such as the Elevation of the Cross on the fourteenth of September. The Orthodox faithful also abstain from meat on Wednesday and Friday throughout the year. Lent is therefore a period of self-denial and self-examination in preparing to receive Holy Communion, and the Orthodox Church asks that we abstain from meat and its by-products, and all dairy foods. Usually such a strict fast is observed only three days before receiving Communion.

STUFFED TOMATOES WITH RICE

16 large tomatoes	1 cup bread crumbs
1½ cups oil	1 cup water
2 cups rice	1 can tomato sauce
1 cup chopped onions	salt and pepper
1 cup chopped parsley (or dill)	

1. Wash tomatoes and remove pulp. Strain pulp and set aside.
2. Add ½ cup oil in large frying pan, add onions and saute till tender.
3. Add rice and saute a little.
4. Add ½ of the strained tomato pulp, parsley, water, salt and pepper to taste.
5. Cook over medium heat stirring constantly for 10 minutes (or until most of the liquid is absorbed).
6. Stuff tomatoes ¾ full. Add remaining pulp, tomato sauce to bottom of baking pan. Baste tomatoes occasionally with sauce.
7. Add remaining oil over each tomato, replace tomato tops, sprinkle each tomato with bread crumbs.
8. Bake in 350° oven for 30-45 minutes. Serve hot or cold.

SHRIMP OR LOBSTER CREOLE

Combine in 2 tbsps. margarine
 $\frac{1}{2}$ cup minced onion
 until yellow

Blend in

1 bay leaf, crushed
 $\frac{1}{4}$ cup diced celery

1 tsp. minced green pepper
 dash cayenne
 1 tsp. Worcestershire sauce
 $\frac{1}{2}$ tsp. salt
 1 can tomato paste
 3 cups water

1. Cook slowly, stirring occasionally until thickened (30 minutes).
2. Stir in 2 cups cooked shrimp or lobster.
3. Serve over rice.

Shrimp and Lobster Varieties

Steamed shrimp or lobster

Serve hot with cocktail sauce, chili sauce, Bar B.Q. Sauce, or Creole Sauce

Rice and Shrimp Casserole

1. Arrange in layers in a greased casserole any recipe for creamed shrimp and 2 cups cooked rice.
 2. Top with half cup buttered crumbs and dash of paprika.
 3. Bake at 375° about 25 minutes.
- (For any creamed dish substitute tomato juice for milk.)

CALICO CRAB

3 tbsps. minced onion
 $\frac{1}{4}$ cup margarine
 $\frac{1}{4}$ cup flour
 $1\frac{1}{2}$ cups tomato juice

$1\frac{1}{2}$ cups flaked crab meat
 2 tsp. chopped pimento
 $\frac{1}{4}$ tsp. dry mustard or oregano
 salt and pepper

1. Sauté onions in butter.
2. Add to flour and cook for a few minutes, stirring constantly.
3. Add tomato juice, stirring until sauce is smooth and thick.
4. Add crab meat and rest of ingredients.
5. Pour over toast tips or biscuits or over rice.

CRABMEAT AND SHRIMP CASSEROLE

$\frac{1}{2}$ chopped green pepper
 1 chopped onion
 1 cup chopped celery
 1 tablespoon Worcestershire
 sauce
 (or less according to taste)

1 pound lump crabmeat
 2 pounds shrimp, cooked and
 cleaned
 salt and pepper
 $1\frac{1}{2}$ cups mayonnaise

1. Brown onion, celery, green pepper in a little butter or margarine.
2. Combine all ingredients.
3. Place in casserole and top with buttered bread crumbs.
4. Bake for 30 minutes in 350° oven. Serves 6

BAKED FISH FILLETS

2 cups water
 1 tsp. salt
 1 cup uncooked white rice
 2 tbsp. cooking fat
 1 large sweet onion, sliced
 $\frac{1}{2}$ tsp. oregano
 6 large tomato slices, peeled
 1 lb. fresh or frozen fish
 fillets, (partially thawed, if
 frozen)

$\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. black pepper
 1 tsp. paprika
 1 tbsp. lemon juice
 1 8-oz. can tomato sauce
 8 thin slices processed
 American cheese

1. Put water, salt and rice in 2 qt. saucepan. Bring to a vigorous boil. Turn heat as low as possible.
2. Cover the saucepan and simmer over this low heat for 14 minutes.
3. Remove saucepan from heat, leaving the lid on for 10 minutes.
4. While the rice cooks, melt fat in a skillet.
5. Cook onion slices until soft but not brown.
6. Arrange in bottom of a greased shallow baking serving dish.
7. Spread rice over onions; sprinkle with oregano; and top with tomato slices.
8. Separate fish into serving pieces and arrange over tomatoes. Sprinkle fish with $\frac{1}{2}$ tsp. salt, black pepper, paprika and lemon juice.
9. Pour tomato sauce over fish, and cover with cheese slices.
10. Bake in preheated oven at 350° F. for about 30 minutes or until cheese bubbles and browns.

MONICOTTI

Sauce:

$\frac{1}{4}$ cup oil
 1 large onion, chopped
 2 cloves garlic, chopped
 1 can tomato paste

1 large can tomatoes
 salt and pepper
 1 teaspoon sugar

1. Brown onion in oil, add tomato paste, tomatoes, garlic, salt, pepper and sugar and let simmer for 2 hours.

Prepare dough:

2 cups flour
 2 cups water

2 eggs
 1 tablespoon salt

1. Mix all dough ingredients in a blender or mixer.
2. Grease a small frying pan lightly and pour $\frac{1}{2}$ ladle of mixture and cook $\frac{1}{2}$ minute on each side and stack. Do not let them get brown.

Filling:

1 pound Ricotta cheese
 $\frac{1}{2}$ pound mozzarella cheese

$\frac{1}{2}$ cup grated Parmesan cheese
 2 eggs

1. Place 1 tablespoon of filling on each monicotti and roll.
2. In large flat pan pour $\frac{1}{2}$ of tomato sauce.
3. Arrange monicotti side by side, in large pan.
4. Pour remaining sauce over monicotti, bake $\frac{1}{2}$ hour in 350° oven.
5. Serve with a little grated cheese on top.

STUFFED EGGPLANT OR SQUASH

May be stuffed with rice as were the tomatoes; or,

1. Cut thick slice off side medium-sized eggplant.
2. Cook in boiling salt water until tender (16 min.).
3. Scop out pulp leaving shell $\frac{1}{2}$ " thick.
4. Cook $\frac{1}{2}$ c. chopped onion and $\frac{3}{4}$ c. sliced mushrooms in 4 T. margarine.
5. Blend in 4 T. flour and 2 c. water or tomato juice.
6. Cook, stirring constantly, until it boils.
7. Boil 1 minute.
8. Add cut-up eggplant or squash pulp. Season.
9. Pour into shell and place in a baking dish.
10. Top with buttered crumbs and sliced mushrooms.
11. Bake 375° for 20 minutes.

May be used as a main dish

HARD CRABS WITH RICE

12 hard crabs
1 onion, chopped fine
 $\frac{1}{2}$ cup oil
salt and pepper

$\frac{1}{4}$ cups rice
1 can unpeeled tomatoes
2 tablespoons tomato paste
water

1. Have your fish man remove the backs from the live hard crabs. Keep only the fatty yellow of the outer shell (meat), then tear off the claws and break the body in two. Wash carefully.
2. Brown the onion in the oil, add tomato, salt, pepper, then add the crabs and cook until the crabs turn red.
3. In another saucepan measure the sauce, it should equal twice the rice, if there is not enough add water.
4. Return the sauce back to the crabs, allow it to come to a boil, then add the rice.
5. Cover and cook slowly until the liquid is absorbed.

BAKED SPAGHETTI & TOMATOES

1 lb. spaghetti, boiled
1 small onion, sliced
1 clove garlic
 $\frac{1}{2}$ green pepper minced
(optional)

2 cans canned tomatoes
 $\frac{1}{2}$ to 1 t. salt
 $\frac{1}{4}$ t. pepper

1. Put onion, garlic, pepper in sauceron with margarine; cook over low heat until onion is yellow.
2. Remove garlic; add salt and pepper.
3. Arrange spaghetti, sauceron, and tomatoes in layers in a buttered casserole.
4. Bake at 375° for about 30 minutes. 4 servings.

BLACK EYE BEANS

1 pound black eye beans	1, can tomato paste
2 onions	olive oil
1 large bunch or 2 small bundles celery, cut in small pieces	2 cups water
	dry red pepper (optional)

1. Cook beans in water until they become tender.
2. Sauté onions in oil, then add and sauté celery until both are tender.
3. Add tomato paste, water, salt and pepper and cook for 20 to 30 minutes.
4. Add the beans and cook for one hour and 15 minutes.

MUSHROOMS WITH RICE*(Manitaria Me Rizi)*

2 onions, chopped fine	3½ cups water
½ cup olive oil or butter	1 cup rice
1 pound mushrooms	salt
1 cup celery	pepper
½ cup parsley	

1. Sauté the onions in the olive oil.
2. Add the mushrooms and cook over slow fire for 2 minutes.
3. Add the celery, parsley, broth and cook slowly for 20 minutes.
4. Add rice and cook on low flame with a cover until all liquid is absorbed. About 20 minutes.

RICE AND LENTILS*(Syrian)*

1 cup lentils	1 onion, cut in quarters
1 cup rice	½ cup olive oil (or less)
2 tablespoons salt	3 quarts water

1. Wash lentils and boil in salted water until slightly tender (15 minutes).
2. Add the washed rice and boil on medium flame until rice is tender.
3. Strain in a colander and return to the pot.
4. In frying pan, brown onions in oil until golden brown. Pour over rice and lentil mixture. Gently stir. Serves 6

BEANS-YIAHNI

(Fasolatha)

1 pound dry beans
2 large onions, sliced
oil
1 carrot, cut up
1 celery stalk, chopped

oregano
salt and pepper to taste
1 clove garlic (optional)
1 can tomato sauce
a touch of mint

1. Wash beans in cold water. Then boil them in clean water for about 15 minutes.
2. Sauté the sliced onions with a little oil in a large frying pan.
3. Add carrot, celery, oregano, salt, pepper and garlic to the sautéed onions.
4. Add tomato sauce and mint to this mixture.
5. Remove about $\frac{1}{2}$ of the water from the beans then add the sautéed ingredients into the pot.
6. Cover the beans and allow them to simmer until they are cooked.

NOTE: Be careful that the beans do not overcook and become mushy.

VEGETABLE VEGETARIAN SOUP

2 qt. water
3 T. margarine
 $\frac{1}{2}$ c. diced carrots
1 lg. stalk celery diced
1 med. onion sliced thin
1 t. parsley minced or dried

1 bay leaf
1 cup tomatoes or tomato juice
salt and pepper to taste
1 cup egg noodles or
 $\frac{1}{2}$ cup barley or rice

1. Bring water to a boil; add margarine.
2. Add egg noodles, rice, or barley.
3. Add vegetables, bay leaf, tomatoes, salt and pepper.
4. Simmer at least 1 hour.

LENTEN NAVY BEAN SOUP

2 cups navy beans
3 qt. cold water
1 lg. onion minced
3 stalks celery

1 carrot, diced
1 sprig parsley
1 cup tomatoes

1. Place together in a kettle.
2. Bring slowly to a boil; cover and simmer 4 to 6 hours.
3. Dilute with water or tomato juice when necessary.
4. Season with salt, pepper, and margarine if desired.

LENTEN SPLIT PEA

2 cups split peas	1 med. potato diced
3 qt. cold water	1 lg. carrot diced
1 lg. onion minced	1 sprig parsley or dried
3 stalks celery (with tops), chopped fine	1 bay leaf

Follow same directions as for bean soup.

SCHOOL LUNCHES

Make It Peanut Butter With:

1. Diced Apples
2. Mashed Ripe Banana
3. Drained sweet pickle relish, mayonnaise
4. Orange marmalade
5. Strawberry jam
6. Grated raw carrot; chopped raisins or celery
7. Chopped dates and figs; lemon juice
8. Chopped walnuts, Brazil nuts, or pecans, honey.

Spread peanut butter on one slice and any of the following on the other:

1. Applesauce; sliced dates
2. Apple butter or chopped cooked prunes
3. Marshmallow creme

SHRIMP SALAD SANDWICH

1. Shrimp (cut up); chopped green pepper, celery, chili sauce
2. Shrimp; chopped apple; lemon juice
3. Shrimp; chopped celery and walnuts
4. Shrimp; crushed pineapple; chopped celery

Cocktail sauce, chili sauce, Bar B Q. Sauce, fruit juices may be used in place of mayonnaise.

BOSTON SANDWICH

1 cup drained baked beans	1 t. prepared mustard
1 T. chili sauce	1 T. minced onion

1. Mash beans, add remaining ingredients.
2. Serve on bread or roll.
3. Makes 8 sandwiches.

SAUTEED MUSHROOM SANDWICH

1. Sliced mushrooms.
2. Dice onion and place in skillet with margarine.
3. When onion is yellow, add mushroom and saute for 10 minutes.
4. Serve on a roll or bread.

TARAMA SALATA SANDWICH

(Can also be used as a main dish)

1 cup fish roe	juice of 2½ medium sized lemons
3 small potatoes boiled	oil—enough to obtain a smooth consistency
1 small onion, grated	

1. Add boiled potatoes, grated onion to fish roe.
2. Stir in oil and lemon juice, alternately until mixture is of a smooth and thin consistency.

APPLE PEANUT BUTTER CUP

4 cups sliced apples	3 t. flour
½ cup water	½ cup rolled oats
1 t. lemon juice	½ cup brown sugar
½ t. nutmeg	½ cup peanut butter
¼ t. allspice	2 t. melted margarine

1. Arrange sliced apples in buttered baking dish.
2. Add water and lemon juice; sprinkle with spices.
3. Blend together remaining ingredients, spread over apples.
4. Bake at 375° about 40 minutes.

FRUIT ICE

3 cups water	3 lemons
1 ½ cups sugar	3 bananas
3 oranges	1 cup canned apricots

1. Cook sugar and water until sugar dissolves.
2. Juice oranges and lemons and strain.
3. Mash fruit.
4. Combine cooled syrup, lemon and orange juice, mashed fruits and pour into freezing tray and stir occasionally during freezing process. Serve 8.

BAKED ORANGES

6 navel oranges

3 t. margarine

6 t. sugar

1. Grate skins of oranges slightly.
2. Plunge into boiling water sufficiently to cover oranges and cook gently for $\frac{1}{2}$ hr. Keep covered.
3. Drain well and cool.
4. Cut off blossom end of oranges. Remove core.
5. Put $\frac{1}{2}$ t. margarine and 1 t. sugar in each orange.
6. Bake in a covered dish at 375° for $1\frac{1}{2}$ hr. or until tender.
7. Serve hot or cold.

SHRIMP CREOLE

6 tablespoons butter or
margarine

dash of pepper

1 large onion, chopped

 $\frac{1}{2}$ teaspoon paprika $\frac{1}{2}$ cup chopped green pepper $\frac{1}{2}$ teaspoon rosemary (optional)

1 clove garlic, minced

2 cups canned tomatoes

1 teaspoon salt

1 pound cooked shrimp

2 to 3 cups cooked rice

1. Melt butter in saucepan; add onions, green pepper, and garlic. Sauté until tender.

2. Add salt, pepper, paprika, rosemary and tomatoes. Bring to boiling point; cover, reduce heat. Simmer 15 minutes.

3. Add shrimp, heat thoroughly. Serve on rice. Serves 4.

TUNA, TOMATOES AND LIMA BEANS

1 7-ounce can solid pack tuna	1 medium sized onion, chopped
1 clove garlic, minced	$\frac{1}{2}$ cup chopped green pepper
1 cup canned tomatoes	

6 drops Tabasco sauce	1 canned pimiento, chopped
	2 cups cooked lima beans
salt	
pepper	

1. Drain tuna and reserve oil. Break tuna into large pieces with fork.

2. Heat tuna oil over low heat; add onion, garlic and green pepper and sauté until tender. Add tomatoes, Tabasco, pimiento, lima beans and tuna; mix well.

3. Season to taste with salt and pepper; heat to serving temperature. Serves 4.

FOOD CUSTOMS OF GREECE

A special New Year bread, similar to Easter bread, is baked on New Year's day. A gold or silver coin is placed in the loaf and is supposed to bring good luck to the individual who receives the portion of the loaf containing this coin. The loaf is usually divided and distributed by the head of the household. In a manner, this symbolizes the great hierach Saint Basil distributing gifts.

ANNUNCIATION DAY is March 25. If this sacred holiday falls within the Lenten period of Easter, the rigorous Orthodox fast is broken to the extent that fish is permitted on the menu. This act symbolizes the joy of the feast day.

PALM SUNDAY is considered a significant feast day by the Orthodox Church for on that day our Lord came in triumph to Jerusalem to fulfill His ministry. Again, like Annunciation Day, the rigorous Lenten fast is broken to the extent that fish is permitted on the menu.

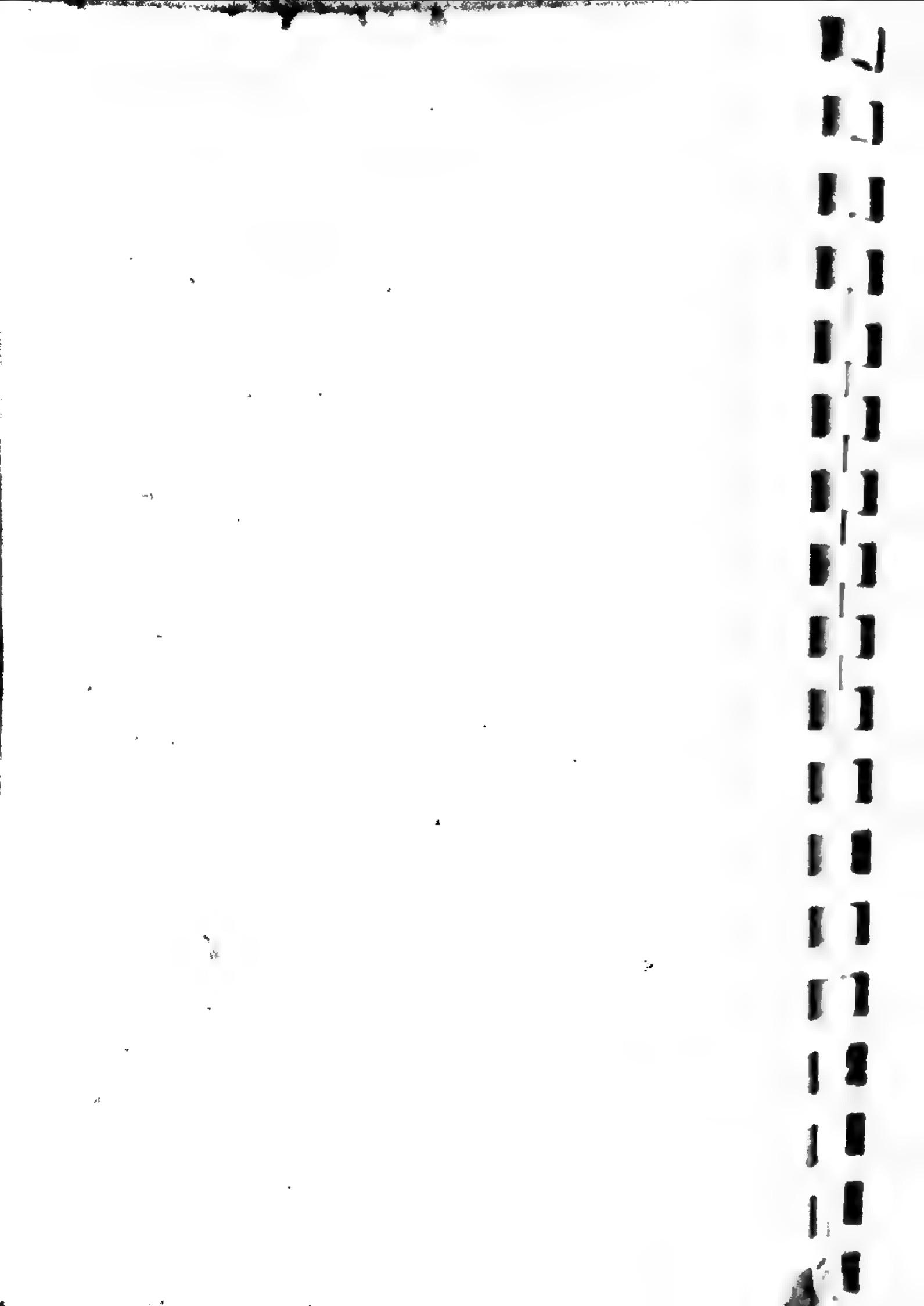
EASTER is the feast day "par excellence" of the Orthodox Church. The triumph of life over death is celebrated in church through the colorful Easter service. At home, this event is celebrated by a week of continuous feasting. During Wednesday and Friday of Easter week the usual fasting is not required. Another period of continuous feasting and no fasting is customary the week following Pentecost Sunday.

Traditionally, roast lamb is the main Easter dish. This is a holdover from the ancient Passover meal.

CHRISTMAS is celebrated very gaily, with many rich foods on the menu of the day. A variety of pastries and breads are prepared, much like Christmas cookies.

NAMEDAYS are celebrated instead of birthdays. The individual celebrating his namesday acts as host to his friends and relatives serving them rich pastries and exotic liqueurs.

For FUNERALS, the custom of post-burial feasts of the ancient Greeks is still practiced today by modern Greeks for there is some religious significance. Foods that are traditionally served are meat, bread, cheesew, olives and vegetables.





FAVORITE
MARYLAND
RECIPES

MARYLAND FOODS

The very mention of Maryland cooking makes one think of crabs, oysters and terrapin stew. And visitors to this state never fail to order the famous fried chicken for which Maryland is noted! The quest for better cooking ideas will, indeed, inspire one to turn to the typical Maryland recipes, as well as the preceding Greek recipes, in this book. That is why we have included just a few of our favorite regional dishes . . . typically Maryland, U.S.A.

BAKED IMPERIAL CRAB

1 pound back-fin crab meat	1/2 teaspoon Worcestershire sauce
1 tablespoon chopped pimento	6 saltine crackers, slightly crushed
1 tablespoon chopped green pepper	pinch of monosodium glutamate
2 tablespoons mayonnaise	1 whole egg
1 tablespoon prepared mustard	1 teaspoon seafood seasoning

1. Mix all ingredients, except crab meat.
2. Add 1 pound back-fin crab meat. Mix very lightly.
3. Form "Imperials" in crab shells which may be heat-resistant shell-form ovenware or succulities formed from aluminum foil.
4. Pour a little melted butter over them, coat with mayonnaise, sprinkle with paprika.
5. Bake in 350° oven for 15 minutes. Serves 6.

MARYLAND CRAB CAKES

1 pound crab meat	1 teaspoon Worcestershire sauce
1 teaspoon seafood seasoning or 1 teaspoon dry mustard	1 egg, beaten
1 teaspoon salt	2 slices bread with crust removed. Break in small pieces and moisten with milk.
1 tablespoon mayonnaise	frying oil
1 teaspoon baking powder	

1. In one bowl mix all ingredients, except the crab meat.
2. Carefully pick over crab meat for pieces of shell, being careful not to break up the chunks.
3. Shape into cakes and fry. Serves 4 to 6.

MARYLAND CRAB SOUP

1-1/2 pounds soup meat (brisket of beef)	1 large onion
12 hardshell crabs (remove shell and devil and use entire crab, but crack claws)	3 carrots 1 can green beans 1 can tomatoes 3 stalks celery

1. Put meat and bones into pot with enough water to completely cover.
2. Cook about 30 minutes, add vegetables and crabs.
3. Cook until meat is done.
4. Remove meat and bone. Add salt and pepper to taste.

NOTE: 1 pound claw meat may be added for sweeter flavor, or you may use the roe of the crab, scraped from the inside of shells for additional flavor.

MARYLAND CRAB SOUP #2

6 steamed hard crabs	2 carrots, diced
1/2 pound slab of bacon	1 cup finely shredded cabbage
3 tomatoes, quartered	1/4 cup chopped parsley
3 potatoes, diced	3 quarts water
1 medium onion, diced	2 tablespoons flour
1 cup frozen whole kernel corn	1 teaspoon mustard
1 cup frozen lima beans	1/4 cup melted butter
1 cup frozen green beans	1 tablespoon Worcestershire
2 stalks celery, diced	sauce

1. Break off claws of crabs. Discard small claws, crack large ones.
2. Pull off back shell, remove gills and face of crab. Break crab in half and cut across each half, parallel to shells, but do not remove meat.
3. Combine crab pieces, bacon, and water and simmer 1 hour.
4. Remove bacon. Add vegetables and simmer until vegetables are just tender.
5. Blend flour and mustard in butter and add, with Worcester-shire, to soup.
6. Simmer for 5 minutes more. 12 servings.

FRIED HARD CRABS

hard crabs	1 slightly beaten egg
1 cup flour	1 cup milk
salt and pepper	1 tablespoon fat

1. Drop live hard-shell crabs into boiling water for 2 minutes.
2. Cool enough to handle, then remove claws, apron, top shell, and gills.
3. Sprinkle with salt and pepper.
4. Dip in batter made of flour, egg, milk and fat, which has been melted.
5. Fry crabs in deep fat at 375° until golden. Drain.

FRIED SOFT CRABS

soft crabs	flour
salt and pepper	butter

1. Rinse live crabs in water.
2. Cut off the front of the shell with kitchen shears, making the cut about $\frac{1}{2}$ inch in back of eyes to remove sandbag also.
3. Fold the shell back on each side of the crab and remove the spongy substance (the devil) which lies under it.
4. Place crab on its back and remove the small piece of shell which ends in a point (the apron).
5. Sprinkle with salt and pepper and dust with flour.
6. Fry in butter until golden brown.

BROILED SOFT CRABS WITH LEMON BUTTER

cleaned soft crabs
melted butter
flour
juice of one lemon

1 teaspoon salt
a little black pepper
a little cayenne pepper
 $\frac{1}{2}$ cup butter

1. Dip cleaned soft crabs in melted butter, then dust lightly with flour.
2. Place crabs on broiler rack so top of crab will be about 3 inches from flame. Broil 5 minutes on each side.
3. Just before serving pour over broiled soft crabs, lemon butter made from lemon juice, salt, peppers and $\frac{1}{2}$ cup butter.

DEEP FRIED SOFT CRABS

cleaned soft crabs
flour
salt

pepper
beaten egg
bread crumbs or cracker meal

1. Rinse cleaned crabs, pat dry with paper towels.
2. Sprinkle with salt and pepper.
3. Dip in flour, then beaten egg, then crumb.
4. Fry in deep fat at 375° from 3 to 5 minutes or until golden brown. Crabs will float to the surface so must be turned during this process. Serve immediately.

MARYLAND BEATEN BISCUITS

2 cups flour, unsifted
1 teaspoon salt
1 teaspoon baking powder

1 cup lard
1 pint milk

1. Sift dry ingredients together.
2. Work in lard with fingers, then stir in milk.
3. Turn on to a pastry board and beat with a wooden mallet, fold over and beat again.
4. Continue folding dough and beating for about 30 minutes or until blisters appear on dough.
5. Pinch off pieces about size of walnut, work round in hands and press flat.
6. Stick 4 times with silver fork.
7. Bake on ungreased pan about 20 minutes in 450° oven.

STEAMED MARYLAND HARD CRABS

**1 dozen hard crabs
3 tablespoons salt
1 cup vinegar**

**1 cup water
3 tablespoons seafood seasoning**

1. You should use a pot with a rack on the bottom, so that the crabs are not touching the bottom of the pot.
2. Pour in vinegar and water.
3. Mix seasoning and salt.
4. Place crabs in pot, sprinkling seasonings over each layer.
5. Cover and steam until crabs turn red.

MARYLAND FRIED CHICKEN

**1 young chicken (3 pounds)
salt and pepper
1 cup flour
2 eggs, slightly beaten**

**6 tablespoons water
1 cup dry bread crumbs
1/4 cup butter or margarine
1/4 cup shortening**

1. Cut chicken in pieces for serving. Wash and dry.
2. Season with salt and pepper, roll in flour.
3. Dip in slightly beaten eggs, diluted with water and roll in crumbs.
4. Sauté in butter and shortening in heavy frying pan until browned on all sides.
5. Cover and place in slow oven (300°) 1 1/2 to 2 1/4 of an hour, or until tender.
6. Serve with cream gravy made from drippings in pan. Serves 6.

CHICKEN CREAM GRAVY

To 4 tablespoons of drippings add 4 tablespoons of flour. Stir until blended.

Slowly add 2 to 3 cups of milk or half milk and half cream. Heat slowly over low heat stirring constantly until thick and smooth. Season to taste.

LADY BALTIMORE CAKE

**1/2 cup butter or other
shortening
2 cups sugar
3 cups sifted cake flour
3 teaspoons baking powder**

**1/2 teaspoon salt
1/2 cup milk
1/2 cup water
1 teaspoon vanilla
6 egg whites**

1. Cream shortening and sugar together until fluffy.
2. Mix and sift flour, baking powder and salt 3 times.
3. Combine milk, water and vanilla. Alternate and add small amounts of flour and small amounts of milk mixture to the creamed sugar and shortening. Beat until smooth after each addition.
4. Beat egg whites until stiff but not dry and fold into mixture. Pour into cake pans lined with waxed paper.
5. Bake in moderate 350° oven 25 minutes. Makes 3 (9-inch) layers.

LADY BALTIMORE FROSTING AND FILLING

3 cups sugar
1 cup water
 $\frac{1}{4}$ teaspoon cream of tartar
3 egg whites, stiffly beaten

1 teaspoon vanilla
 $\frac{1}{2}$ cup chopped figs
1 cup chopped raisins
1 cup chopped nut meats

1. Boil sugar, water and cream of tartar together until a small amount of syrup forms a soft ball when dropped in cold water.
2. Pour hot syrup gradually over beaten egg whites, beating constantly and continuing to beat until mixture is of spreading consistency. Add vanilla.
3. Divide mixture in half. Add fruit and nuts to one portion and spread between layers of cake. Frost top and sides with remaining frosting.

Many cooked foods such as stews, soup stocks, macaroni dishes, stuffed peppers, and pastitsio can be frozen with excellent results.

The foods are prepared in the same manner as for immediate serving with the exception of being seasoned. During storage, onion flavor becomes less noticeable and celery flavor more pronounced. Spices lose their strength during long periods of storage.

After cooking, cool the food to room temperature. Package in meal-size quantities (or plan for company by doing an extra large package) and wrap in heavy aluminum foil. Reheat in the container in which it was prepared and keep it wrapped in the foil. To serve these foods, thaw gradually over LOW heat, adding a little liquid if necessary to prevent foods from sticking to the pan. Or heat slowly in a 300° oven for 45 minutes.

FREEZING PIES

Pies are prepared and stored uncooked. Wrap in foil or containers and store.

FREEZING CAKES

Cakes may be frozen before or after baking. If not frosted, place cellophane between layers. If frosted, freeze first and then wrap. Use butter type, not boiled, frostings.

FREEZING COOKIES

Cookies may be frozen before or after baking. Dough should be wrapped in foil. If baked, put cellophane between cookies and store in containers. Baked cakes and cookies may be stored up to six months.

FREEZING BREAD

All breads may be baked, cooled, wrapped in cellophane before being placed in foil.

FREEZING VEGETABLES

PREPARATION FOR FREEZING

1. Only young, tender vegetables at their peak of maturity should be chosen for freezing. Don't freeze those that are overripe, bruised or show signs of decay.
2. Sort, clean and wash vegetables in cold water. Prepare as you would for table use, keeping those of the same size together. Large pieces take longer sealing.
3. Work with small amounts that can be packaged in a short time—generally, one pound of vegetables is convenient.

4. Scald all vegetables before packaging. Proper scalding stops the ripening process so that vegetables are kept at their peak of freshness. It also brightens the color, preserves and softens vegetables so that they pack more easily.
5. Chill vegetables quickly to halt the cooking process and decrease chances of spoilage.
 - a. Select a large utensil of 4 or 5 quart capacity.
 - b. Fill with one gallon of water for each pound of vegetables to be scalded. Use two gallons for each pound of leafy vegetables. Bring water to boiling point.
 - c. Scald one pound of vegetables at a time. Place vegetables in wire basket, colander or cheesecloth bag. Immerser in boiling water and cover. Count scalding time immediately.
 - d. Chill vegetables thoroughly and quickly by plunging them into ice water, or under cold running water. Test for coolness by biting a piece of the vegetable—when it feels cool to the tongue, it is thoroughly chilled.
 - e. Remove from water and drain on towels.
 - f. Pack in cellophane bags and seal. Place in freezer.

Vegetable**Scalding Time****Greens:**

Beet greens	2 minutes
collard, kale	3 minutes
mustard greens,	2 minutes
spinach, swiss chard,	1½ to 2 minutes
turnip greens, dandelion	1½ to 2 minutes
greens and aralia.	1½ to 2 minutes

Vine leaves and grapevine leaves

2 minutes

Okra (Babmylen)

3 to 4 minutes

Eggplant

Select firm ripe eggplant. Wash, peel and slice in 1 3 inch slices. Scald. Cool in citric acid solution (4½ teaspoonsfuls powdered citric acid to 1 qt. warm water.) Remove from solution and chill in cold water.

4 minutes

Peppers

Wash. Cut out stem and remove seeds. Peppers may be frozen without heating, if desired.

2 minutes

Squash

Select tender squash with soft rind. Cut in $\frac{1}{2}$ inch slices.

3 minutes

Stuffed Vine Leaves

Can be frozen without cooking. Prepare as you would for cooking and store in containers.

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